



WATER-CURE JOURNAL

A GUIDE TO HEALTH, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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General Articles.

HERE Contributors present their own Opinions, and are alone responsible for them. We do not indorse all we print, but desire our readers to "PROVE ALL THINGS," and "HOLD FAST THE GOOD."

RAMBLING REMINISCENCES—No. 6.

BY R. T. TRALL, M.D.

OUR TRIP TO THE WEST.

We have seen the great West. For once in twenty years we have been fairly out of doors. Next to the middle of the illimitable ocean, commend us to the center of a boundless prairie for a realizing sense of expansiveness, breathing room, enlargement of soul, and innervating of body. It has always seemed to us that a city life tends, in many respects, to dwarf the human being. A lawyer, about to put up his shingle in a flourishing village, was advised by an intelligent friend, to have his office window look out upon some large object—a mountain, a river, a tree, a barn, or even an ox or a horse—to counteract the belittling influences of his profession. The resident of a great city, pent up in a narrow street, in a small apartment of a small house with a very small

sleeping room, a still smaller office, and the smallest kind of a yard, and multitudinous neighbors still more cabined, cribbed, and confined if possible than himself, needs occasional excursions into the country, and frequent communings with nature, to keep his mind from shriveling up to harmonious relations with his every-day at-home conditions, and his never-changing surroundings.

SLEEPING TWENTY-FIVE MILES AN HOUR.

We left New York *via* the Erie Railroad at 5 P.M., December 20, in order to stop one day in Cleveland, O., where we had been requested to see a patient. At 9 P.M. we bespoke a birth—a double birth; not that we are great or weighty, long or wide, speaking after the manner of flesh and adipose, but because, on occasions where sleep is rather to be imagined than enjoyed, where anticipation is certainly greater than participation, and where Morpheus administers more exercise than rest in his hygienic dispensations, and where calm nature's sweet restorer is to be found more in the agitation of the universal muscles than in the oblivion of the outer senses, we wanted room according to our desires. Besides, with a double birth goes duplicate rations of blanket—no mean consideration in a cold night. The night *was* cold; and but for the prethought of providing ourselves with double rations of overcoat, we might have slept, we mean shook, with an uncomfortable chilliness to offset the beatitudes of the semi-stirring and demi-semi-soothing influences of riding on a rail horizontally.

We have frequently had occasion to commend the institution of the sleeping car. Careful reader, do not mistake this for the *smoking* car. The smoking car always goes before the sleeping car. Where does not vice and filthiness take precedence of virtue and cleanliness? The sleepers in the sleeping car have a large share of the smudge and stench of the smokers in the smoking car, without the trouble of buying the cigars or the nastiness of sucking them.

One might reason *à priori* that, with a motion of twenty-five or thirty miles an hour, sleep would be proportionably rapid. But the contrary is the rule. The ratio of sleep is inversely to the velocity of the locomotive; or, to drop arithmetical calculation and geometrical proportion, as well as all circumlocution or superfluous verbiage, the

faster we go the slower we sleep. This is our apology for turning in at nine. Our usual hour for retiring is midnight, which habit we do *not* commend to the readers of the WATER-CURE JOURNAL.

We do not claim that sleeping on the rail is strictly physiological; but it is eminently therapeutic. Our Dr. Wier, with all his muscle-stretching machinery, and all of his jouncing, thumping, and other passive movements, has nothing to equal the tremulous vibrations that stir every fiber of the outward man while the wayfarer is sleeping, or at least lying, as fast as the iron horse can run. In a delirious whirl of dreamy revelry,

Around, around, we wound and interwound, as the rattling and rumbling, the buzzing and whizzing, the sideling and jerking, the bouncing and screaming of the train, so mingled and confounded the sensations of motion and repose that it was impossible to tell which predominated.

HORNELLVILLE, PORTAGE, BUFFALO, CLEVELAND.

At precisely 6 A.M., our attentive superintendent of the sleeping department of the New York and Erie Railroad informed us that we were near Hornellsville—a fact we had been very seriously and semi-sleepily contemplating for an hour or two. At this point passengers have the privilege of proceeding to Dunkirk by the southern or the Buffalo route. We elected *via* Buffalo, the chief reason being in order to get a passing glance at Portage Falls and magnificent scenery adjacent—a place we had not seen since our boyhood days, when it was a dense wilderness and when its principal music consisted of the howling of wolves, the screeching of owls, the yelling of Indians, the grunting of bears, and the woodman's axe. The bridge over the river, on which the rail track is laid, is said to be the most elaborate wooden structure of the kind in the world. From the cars, as we go over the bridge, one can look down, down, down a deep, narrow chasm, along whose bottom the river seems but a tiny brooklet; and just below the bridge, yet in full view, the stream leaps down nearly a hundred feet, its banks rising perpendicularly on each side, and with a smooth, rocky face, several hundred feet. Taken altogether, few places in the United States present greater attractions of natural scenery.

Near the dépôt, and but a few rods from the bridge, is a summer-house which some of our Laight-street folks were in treaty for last season, with the view of opening a water-cure there. The negotiation, however, did not succeed—the owner being too hard on terms, or they too fearful—which we do not regret, as there is now a prospect of a business arrangement by which some of us will take possession of the cure at Madison, Wisconsin, which is, we think, the very best point in the West for an establishment.

We reached Buffalo at 12 M., and arrived in Cleveland at 7½ P.M., where we found our patient in waiting at the Augier House.

DISEASES—DOCTORS—DRUGS.

Our patient was a young man; we mean young according to the almanac. He was twenty one years of age. But physiologically, or rather pathologically, or rather still, drugopathically, he was an old man. Some persons are as old, so far as vital stamina is concerned, at twenty as others are at forty; and some at thirty are as old as their fathers were at fifty or their grandfathers at seventy. The whole explanation lies in four words—unphysiological living, drug doctoring. The unphysiological habits clog up the machinery of life, and then the doctor's medicine tears them to pieces.

Four years ago the young man—he was a youth then, and of excellent constitution—was attacked with lung fever. His physician reduced his fever and his vitality with powerful doses of antimony, and kept blisters on the chest continually. In two weeks he appeared to be convalescent, but soon relapsed, when calomel was given in large doses. After lingering several weeks, the disease was said to have run into the typhoid, for which more calomel was prescribed. The fever next assumed the intermittent form, attended with profuse sweating, for which iron and quinine were liberally administered. He was doctored continually for six months, when it was discovered that the liver and spleen were badly congested and enlarged, and he was put on a course of mercury in a new shape—blue-pill mass; after this the disease assumed many complications—as well it might—for which a promiscuous jumble of medicaments was sent into him for two years longer, among which were hellebore, irritating plasters, several kinds of pills, and a variety of homeopathic pellets and placebos.

The present condition of the patient is this: He has an enlarged and indurated liver; "ague cake" of the spleen; a double curvature of the spine, so that the head is thrown forward and to one side; the lower extremities are very weak; the ankle-joints lame; the knees incline to stiffness; there is a tight husky cough; the chest has a constant sense of soreness all through; the heart throbs incessantly; the feet are constantly cold; along the back he has frequent rigors or chills, like a "dumb ague;" his mind and memory, once vigorous and clear—he has large Language and very large Individuality—are now feeble and confused; and his eyes are so weak, it is painful to read with them at all. In a word, he is a miserable wreck.

But what has done all this? Drug-medicines, and nothing else. Every one of the secondary

diseases and complications for which he has been doctored nearly to death, is the effect of the medicines he has taken, and nothing else. We have seen and investigated thousands of such cases, and we know whereof we affirm. The drugs which were administered to cure the primary disease, induced the secondary or drug disease; and then drugs were given to cure the drug disease, and this occasioned still other drug diseases, "typhoid," "relapses," and "complications," and all together have induced the indurated organs, curved spine, shattered nervous system, consumptive diathesis and ruined constitution. And even now his drug doctors, having brought him to the borders of the grave and destroyed the best part of his vital stamina forever, can propose nothing better for the old young man than *more drugs*! Nor can his friends, neighbors, or parents even, yet understand why, if he is sick, he should not have the doctor and take medicine.

We could give no encouragement for home treatment in such a case. All we could assure the patient was that, if he would spend one whole year at a water-cure (not a *drug* water-cure), he might get the drugs out of his system, arrest their further ravages, and have comfortable health. But he can never have the stamina or constitution which the drug doctors have destroyed forever.

THE WRONG ROAD.

When we took our ticket for Peoria, Illinois, at the office in New York, we requested to have our baggage checked through. But the conductor could find no checks for Peoria, and so gave us a check to Toledo, where, he informed us, we could get it checked again. And so we did, but that is not the point. Having in one pocket a ticket for Peoria by the way of Toledo, and in another pocket a check for our baggage in Toledo, we came from the Augier House, in Cleveland, to the general dépôt of all the railroads which run to and from Cleveland. On the front car of one train just ready to start we saw a sign, with large letters, "FOR TOLEDO." Of course this was our train; but to make assurance doubly sure (and one of our strong points is in never getting off the track when traveling), we inquired of the news-vender, and of one of the hands on board the cars, each of whom corroborated the sign-board. Nor did our ticket say anything about any other route or train going to Toledo. The reader may judge of our surprise when, after riding ten or a dozen miles, we were politely informed by the conductor that our ticket was not good on that route! but was intended for another road running between the two places. We remonstrated that we had made all practicable inquiries, followed the sign-board in the dépôt, and never saw any hint or heard any intimation of any other route; moreover, our baggage was checked to Toledo. This last statement the said conductor disputed; whereupon we produced the check, but it did not help our case; and if we went on we must pay \$3 25. We produced the money, assuring the conductor that our business was urgent, and we must "run on time," so that if he should please to demand thirty dollars, the money was ready. But he declined taking any more; and was good enough to advise us to call at the office in New York where we purchased the through ticket, and make it re-

fund the \$3 25. For this purpose we asked him to give us a receipt for the amount, and he promised to give us a "memorandum," which, however, he did not do, although we reminded him of the promise several times. Well, three dollars and a quarter is not a large sum to lose, but it is too much to be swindled out of. It is the duty of the railroad managers to provide some way of directing passengers where there are several lines running between the same points, and when tickets are good only on one. We heard passengers in the cars say, that similar mistakes (similar swindles, we think,) were not unfrequent on that route.

TOLEDO TO PEORIA.

In consequence of the mishap alluded to, we lay over at Toledo, from 12 M. to 12.45 P.M., when we re-checked our baggage and took the night train for Peoria. Next morning, on rising, we looked out upon prairie land. At 2 or 3 P.M. we reached a point where, standing on the rear platform of the car, we could survey a boundless field of snow to the far-off horizon, with not a house, nor tree, nor hill intervening.

Oh, solitude, where are thy charms!

But we can easily imagine how beautiful and enchanting may be the prospect when a more genial sun shall cover this broad expanse of snowy desolation with blooming flowers and waving fields of grain.

We arrived in Peoria at 7½ P.M., and soon found ourselves shaking hands with men and women and kissing children at Dr. Nevins' water-cure. This establishment is pleasantly situated at the head of Maine Street, just under the bluff, whereon is a magnificent promenade and a beautiful view of the Illinois River and the surrounding country. Dr. Nevins has accommodations for about thirty patients, and is doing a good business, and doing it in the right way. He provides an excellent table, has a good gymnasium, and no taint of druggery is found on the premises. The Doctor has also a good run of practice in the city and vicinity. His success is all that has ever been claimed for our system when properly administered, and is acknowledged.

We lectured four evenings in Rouse's Hall, and again on Sunday afternoon, to very large audiences, who listened attentively two full hours, and then remained half an hour longer to ask us questions. We had pressing invitations, which we could not accept, to visit many places in the vicinity, and gentlemen and ladies came ten, twenty, thirty, fifty, and in one case sixty miles to attend the lectures. We saw and prescribed for many patients, and saw enough of the disastrous results of the huge drugging of Western doctors, of which we had heard so much to make one's heart bleed. Several of these patients came on the platform, after the lectures, when we examined their cases before the audience, and explained the manner in which the drugs had worked the ruin of their constitutions. Our success in Peoria was all that we could have desired; the people were deeply interested and apparently well pleased, and the drug doctors (so we heard) as mad as seven furies. None of them accepted our challenge to discuss the matters in issue; and but one ventured to ask us any questions; and although we made the same generous offer then that we have in every place where we

have lectured—to give any physician of the place \$100 if he would come before the people and explain his own system, as it is taught in the textbooks and by the living teachers of his school—no one came forward for the money. On Sunday evening Ellen Beard Harman delivered a lecture in the Hall on the physiological and moral bearings of the Dress-Reform, which was listened to by a very large and highly intelligent audience, and which was received not only with respect, but with much applause.

We lectured in several other places, in all of which we found much spirit and interest in relation to the Health-Reform movement, and prescribed for many invalids. We have made notes enough of our experience and observations, of the sentiments and needs of the people, and of the sayings and doings of our friends the drug doctors, to fill half a dozen numbers of the WATER-CURE JOURNAL. Wherefore we rest here, to resume the subject in our next. We shall visit that section of country again in April, on the close of our school term, and lecture in as many places as convenient.

POSTSCRIPT.—Madison [City, Wisconsin, Jan. 10, 1862. What a busy week! Since the above was written, we have traveled a thousand miles, given a course of lectures in Rock Island, Illinois, and another in Iowa City, traveled all night to Chicago, then received about forty letters, sent off several letters and telegraphic dispatches, visited the beautiful capital of the glorious and gloriously progressive State of Wisconsin, bought the Madison Water-Cure—the most attractive and salubrious place for invalids we have seen, and wrote twenty letters on the cars, to be dropped into the post-offices whenever the train stops long enough. Among our dispatches from No. 15 Laight Street, which we opened and read between Chicago and Madison, was the account of the Christmas festivities at "Our Home," in the great city, and among the performances of the occasion, what should we read of but a wedding about our folks, the marriage of our Dr. Jones, assistant physician and professor of chemistry in the college, to Miss Miller, assistant matron and professor of cooking in the kitchen. Well, we don't object to weddings. Indeed, we have done something to make the marriage institution popular in our Institute and School. But we grieve that we could not have been there to see. We would like to have performed the ceremony, but as our excellent friend, Judge Low (one of nature's noblemen—and we have seen not a few of nature's true nobility in the great West, of whom we shall say something hereafter), was there to do it, we can forego that pleasure; but as for kissing the bride, how can another do that satisfactorily for us? Much as we deplore our absence from the wedding, we can not help wishing the parties all possible happiness in the new relation, and this we are assured will be realized, for we know very well that the union is not a mere mechanical admixture, but a real chemical combination, and we trust that the product of the union, to wit, all the *Jonesites of Miller*, will illustrate the Professor's theories of selective and mutual attraction and affinities, physiologically and mentally personally and socially, productively and reproducively.

Note.—We hope none of the students will take the degree matrimonial till we get back to give them first the degree medical.

CAUSES AND TREATMENT OF PARALYSIS.

In a previous article, I referred to some of the more common of the different varieties of Paralysis; in this, I propose to treat of some of the causes, and also to refer to what we consider the best method of treating it.

Paralysis, in reality, is not a disease; it is rather an effect due to a cause, and that cause can, in a great majority of cases, be traced to some disease or injury of the brain or nerves, whereby the nervous circulation is either impaired or destroyed.

The functions of sensation and motion are performed by the brain and nerves, the muscles being merely the instruments used for the performance of those functions.

There is probably no disease to which the human family is subject more mysterious in its character or more frequently attributed to some supernatural cause, than the one under consideration.

Persons in apparently good health retire at night feeling usually well, and before morning awaken finding themselves unable to move their lower extremities, or perhaps the whole of one side of the body, or one arm or hand; or they may be walking the streets, or pursuing their daily avocation, and they suddenly fall, and are often found speechless, motionless, and sometimes unconscious.

There are but few persons who have not made disease, and the laws which govern the human system, a subject of study, that could witness such a phenomenon without at once tracing it to some power over which man has no control.

This may be a consoling and satisfactory conclusion to arrive at by those who do not choose to reason; but the mind that traces effects to causes, and believes that natural laws govern man's physical organization as well as the rest of the material world, naturally asks what has produced this result? and what are the causes of this disease?

It is true, from our present knowledge, it may be difficult always to ascertain the exact, or even a satisfactory reason for some cases; yet from the fact that in a majority of cases the cause is easily enough found and readily enough explained, we are justified in saying that it never occurs without a natural cause.

Apoplexy, palsy, and paralysis are all of the same class of disease, and are produced by similar causes.

Within the last two months I have, at Bellevue College, witnessed several autopsies of persons who had died of apoplexy, hemiplegia, and general paralysis. Some of these cases died within a few days after the attack; others lived a few weeks or months. In nearly all of these the dissection showed large clots of blood upon some part of the brain which had extravasated through the coats of the blood vessels, making so much pressure upon the brain as to suspend the nervous circulation so much as to produce death.

Nearly all the cases of this kind are in persons of intemperate habits. They either use alcoholic liquors freely, or tobacco, coffee, tea, vinegar, spices, etc., excessively, all of which have a tendency to so weaken the coats of the arteries as to allow the blood to transude through them.

The same phenomenon is found, and similar results follow, from injuries of the brain; a blow or fall upon the head so as to fracture the skull, portions of which press upon the brain or rupture the blood-vessels allowing the blood to exude through, will produce the same insensibility and paralysis which follow an attack of apoplexy. These cases are usually relieved, when not too severe, by raising the depressed skull or by trepanning, and allowing the extravasated blood to pass out of the skull.

Nearly every case of paralysis which follows apoplectic attacks is the result of the formation of a clot of blood in the brain. Trepanning in such cases is of no avail, from the fact it is impossible to tell the portion of the brain in which the clot is formed.

Sometimes when the absorbents are active, and the clot of blood is small, it is taken up, and the patient slowly recovers. Such persons, owing to the weakened condition of the blood-vessels, are exceedingly liable to a subsequent attack, and the second or third generally proves fatal. When the clot is small, and only upon one side of the brain, the paralysis is usually confined to the opposite side of the body, owing to the crossing of the nerve fibers; this produces hemiplegia.

Softening of the brain, or spinal chord, or of the nerves, will produce paralysis. In softening of the brain, the paralysis is usually general, gradual, and fatal. In softening of the spinal chord, it sometimes commences in the lower portions of the chord and proceeds upward to the brain; in this species the paralysis commences in the lower extremities, and gradually extends upward till the portion that gives off the nerves of some vital organ is affected, when death ensues.

This softening of the nerve substance is produced by anything which deteriorates or poisons the blood. Inflammations sometimes produce it.

If the nerve of a living animal is exposed, and the part soaked in chloroform, ether, opium, tobacco, or almost any other acrid poison, the part of the body to which this nerve is supplied will be paralyzed, and will remain so as long as the influence of this poison lasts. These substances, together with many others, taken as medicines either into the stomach, or inhaled into the lungs produce the same or similar effects, only in a more marked degree. Many of these substances, when applied to the body externally, will produce local paralysis. It is dangerous to use some forms of liniment for this reason.

Persons who handle ground lead, or work in paints, are exceedingly liable to a form of paralysis called wrist drop, in which the hands and wrists are most sensibly affected. That the whole system is more or less affected by the absorption of this lead from the integuments, is shown by a blue leaden line being generally found around the gums, sometimes called the Burton line, from the fact that Dr. Burton first discovered it.

The absorption of the natural excretions of the body, such as the biliary matter, urinary deposits, and the fecal accumulations of the bowels, will sometimes cause paralysis. This shows the importance of having all the excretory functions regularly performed. These excretions, as well as many substances taken as medicines, either weak-

en the coats of the blood-vessels, and cause extravasation of blood, or by accumulation produce obstruction of the nervous circulation.

Pressure upon a nerve or nervous center will induce paralysis. Tumors often do this, by pressure; so will ligatures, in the form of tight clothing about the limbs or body.

Another frequent and lamentable cause of paralysis is the result of nervous exhaustion following excessive sexual indulgence in any form. The effects of this exhaustion are seen most marked upon the sensory nerves.

In many cases, all of the nerves of sensation seem to be paralyzed, so much so, that all kinds of food taste alike, the appetite being no guide whatever to the kind, quality, or quantity of food to be eaten; the sense of smell is often entirely destroyed; the eyesight becomes indistinct; the hearing exceedingly dull, and the whole mind often becomes nearly insensible to either pleasure or pain.

These are a few of the most common of the avoidable causes of this disease.

Now what are the indications of treatment?

The first and most important seems to be to avoid the causes and remove the existing obstructions, if there are any.

If the cause depends upon effusions of any kind, or upon extravasated blood, the absorbent vessels should be set actively at work to remove these accumulations. If poisons of any kind are the cause, the excretory organs should be brought into active healthful exercise to expel them as rapidly as possible from the system.

The bowels should be kept open by the use of coarse bread and fruits, and with enemas, when these are required. The kidneys should be active and free; and the skin, by being kept constantly at work, aids not only in eliminating the morbid matter from the system, but in re-establishing the obstructed nervous circulation.

Baths should not be used indiscriminately, but should be carefully adapted to each individual case. Among the different varieties of baths used in different cases, we make the most frequent use of wet-sheet packs, vapor and spray dripping sheets, local douche, leg and sitz, and the electro-magnetic. The latter of which we find of great use after the obstructions are removed in re-establishing the nervous circulation. All baths are to be followed by thorough hand rubbing. Dry hand rubbing, or active friction of any kind to the paralyzed surface, is useful. Exercise is of the very highest importance. There are many cases, even after the cause of the disease has been removed, that would not recover without some effort to call into exercise the atrophied muscles, and to get the nervous circulation properly established.

The movement-cure in this disease is an invaluable accompaniment to the hygienic treatment. In many cases it is the one thing needful above all others. Fresh air we consider indispensable in the treatment of all diseases.

Great care should be taken to have the clothing properly adjusted, everything loose and easy. Tight cravats and shirt collars and elastics are often predisposing causes of this disease. Anything which compresses either the nerves or arteries is injurious; a proof of this may be had by simply placing a leg or an arm over the back of a

chair or some other cornered object, and see how quick sensation and motion are impaired; they will become for a time paralyzed, or what is commonly called a sleep.

A gentleman from Pawtucket R. I., came to our institution for treatment for paralysis on the 8th of September last. He is an enamel card maker by profession and his disease was undoubtedly caused by the inhalation of particles of lead used in the manufacturing of the cards. He was under treatment just five weeks to a day. The following letter, received from him a few days ago, gives his own statement of his condition when he came here, also the effects of his treatment while here.

"DR. MILLER—Dear Sir: You will perhaps be pleased to hear how I am getting along. I send you, in this, a brief description and history of my case. On the 1st of September I was attacked with the numb palsy (I believe that is the name our physician gave it). When I arrived at your establishment I was rapidly losing the use of my limbs, though I could still walk across the floor with great difficulty and by the assistance of crutches. I continued to fail for a week after I arrived at your place, until I could not walk a single step. If I attempted to stand alone I fell down like a six weeks' infant (if I may use the expression). I could not even whistle, my mouth puckered up so. I was much troubled with constipated bowels, which was caused by the disease, having no operation sometimes for four days, and not at all without injections. Added to this I had had bleeding piles for five years. I need hardly say that I was very much depressed in spirits, in fact, almost in despair. Most of my friends thought that I never would recover; to use their own expression, they said I was a "goner." I must confess I feared it myself.

"But thanks to your skillful treatment, that opinion was soon changed. I began to recover in about a week after I commenced treatment, and in five weeks I was able to return home, and now I am as well as ever I was in my life.

"As my friends said when I returned home, it was almost magical; and what made it still better, was the fact that the piles were also cured, something I did not bargain for, but, as you may guess, no less pleasing on that account. This I consider worth infinitely more than all the money I paid you.

"Hoping that you may continue in your good work of blessing mankind,

"I remain your obedient servant,
"EDWARD JOLLIE."

This patient was cured by our hygienic treatment without a particle of medicine, and without the use of meat, butter, salt, or milk.

E. P. MILLER, M.D.
No. 15 LAIGHT STREET, NEW YORK.

STRAY THOUGHTS IN SPARE MOMENTS.

THERE are many who believe in the efficacy of Hygienic treatment, who, when they become sick, think themselves obliged to call a drug doctor, there being no practitioner of our school near. Now it seems to me that a great effort should be made to instruct the masses in the simple rules of treatment which will purify the body in the commencement of the "remedial effort," and save the pains and confinement of a long illness. Were acute diseases properly treated there would be no chronic diseases, which are always the result of drug medication, and a hundred fold worse than the diseases the drugs were supposed to cure. Entire abstinence from food until the prominent

symptoms of the disease—I care not what it is—abate, is of the utmost importance. Where there are symptoms of biliousness, the frequent, copious drinking of warm water is of inestimable value, as it dilutes the bile in the stomach, and it is either thrown from the stomach by emesis, or passed off through the alimentary canal. I have cured cases of ague and fever by total abstinence and warm water drinking. The simple rules for the equalization of the circulation of the blood should be understood by every individual. "Keep the head cool and the feet warm," is a rule to which every nurse should well attend. Quietness in a sick room is all-important, and I have more trouble in treating patients on this score than any other. I have frequently left patients in a very quiet, comfortable condition, and in half a day, perhaps, been sent for, to find them restless, feverish, and sometimes delirious; having been made so by the mistaken kindness of friends, the nurse fearing to give offense by enforcing my most positive orders to admit no visitors.

I had a case a short time since that came near proving fatal. The lady had been out of health for weeks, and was taken with lung fever; she was very sick. I staid by her to oversee her treatment two nights, and left her out of danger. The day after I left she was quite smart, but some friends called, and some things came up in the conversation which annoyed and excited her very much, and that night she slept but little. The next morning she had a severe chill, and became insensible. They sent as fast as possible for me; but it being sixteen miles from here, some time elapsed before I arrived. I found her with congestion of the brain, and in a very critical condition, and only by the most constant care and close attention did I succeed in saving her. I applied ice water to her head, changing it often as it became in the least warmed; with hot bricks, enveloped in damp cloths, so as to produce a warm vapor, to her feet, with hand rubbing to the limbs; no fire in the room, and plenty of air. Kept this up through the night, and in the morning she was better, and has since recovered.

Nothing is more trying to a physician than such carelessness on the part of attendants and the mistaken kindness of friends, for company always excites the nerves of a person when weak and diseased, and if the results are serious, Water-Cure receives the blame, instead of the real cause.

This reminds me of a case I had last winter, the recovery of which has always seemed to me like almost a miracle. A little boy, not quite two years old, was brought here in a spasm, they thought. He had been sick about a week, and was taken worse that morning. His limbs were drawn up, and nearly as stiff as sticks; his eyes blood-shot, the pupils dilated and immovable, and there seemed little chance for hope in his case. He continued about the same for five days, his muscles never relaxing for a moment, although I gave him warm baths and a great deal of rubbing; the water would drop from his eyes on the fourth day, although he did not wink at all. Toward night, on the fifth day, he commenced having screeching spells every little while, and seemed as if in intense pain, though still insensible, and I thought he could not live through the night. Judge Taber, a man of rare talent, who had practiced medicine for thirty years in Massachusetts, but given it up in disgust, being here, I invited him to examine the case. He thought—as I did—he would not live till morning. I kept ice water on his head, fomented his bowels, gave hot foot baths, vapor baths, etc. Those screeching spells continued until nearly morning, growing fainter and less frequent; his muscles relaxed, so that he straightened down his feet, and I looked for a speedy dissolution. I went to bed, leaving him with a faithful attendant who rubbed him most of the time till morning. When I next entered the room, I could see his symptoms were better and before night he showed signs of consciousness, and the mother, who had only prayed that it might pass away easily, was rejoicing in the prospect of his cure. I have written more than I intended.

J. H. STILLMAN, M.D.

WARM BATHING.

BY SOLOMON FEESE, M.D.

In addition to what was said on the subject of warm bathing in the January number of the JOURNAL, I submit the following views. In the article referred to I gave some cases where the warm bath was used for an hour or more at a time with great advantage; but I did not intend to convey the idea that warm baths should generally be of so long duration. Ordinarily, a short warm bath, from three to fifteen minutes, followed by a tepid or cold bath, is proper. Thus, it is not only a very agreeable, but a very valuable bath, in sickness and in health. Especially is this the case with persons of feeble reactive powers. The bath may be a full one, or a half, sitz, or foot bath, or hot fomentation, according to the effects to be produced. I have frequently seen recommendations to persons suffering with cold feet to bathe them in cold water often, and thus the tendency to coldness of the feet would be relieved. I formerly recommended the plan myself, but found it was far from being always successful. A delicate lady, with feeble circulation, bathes her feet before going to bed at night, and cold feet for several hours afterward is, oftener than otherwise, the result. Rub them till they get warm, say the advocates of the cold foot bath. This is easier said than done. While reaction may often follow this method, it as often fails. A better plan is to bathe the feet from five to fifteen minutes in warm water, then plunge them for a short time into cold water, say one minute, less or more. This warms the feet and relieves internal congestions. The patient can now go to bed, with a prospect of enjoying a good night's rest. The permanent effects resulting from the use of the foot-bath in this way is not to impair the capillary circulation, and increase the tendency to coldness of the extremities, but the contrary. Such has been my experience. When it is necessary to produce a more decided impression than can be done with the foot-bath alone, a warm sitting-bath in connection will be found very valuable in relieving internal congestions. I do not intend in this article to go into particulars; I only want to give a general idea of the subject. There is no advantage in cold bathing, whether full, half, sitz, foot, or any other kind, but injury rather, unless there is good reaction, and it is often difficult to accomplish this by the usually recommended methods of exercise and friction. These methods are excellent, and should be adopted when prompt reaction can be brought about by them; but when this can not be done, use the warm bath, in some of its forms, to get up the proper degree of warmth, before cool or cold water is applied. This is the idea I wish to set forth and impress upon the minds of invalids, as many I know use cold water persistently when there is not good reaction, through fear of the weakening effects of warm bathing, as they suppose. But let it be remembered that such weakening effects are only imaginary when the tepid or cold bath follows the warm one, unless the latter be of long duration, and even then the weakening effects are not always observable, but sometimes the contrary effect is produced, and strength is imparted by their use.

The hot fomentation is a bath highly valuable. I find it indispensable in the treatment of many of the acute disorders of the viscera, in asthma, inflammation of the lungs, cramp of the stomach, colic pains, etc. In fact, almost any of the acute pains of the thoracic, abdominal, or pelvic viscera may be relieved by it, often in a very short time. It is conveniently administered, and every family should acquaint themselves with it, and learn to know its power for good. Those who may be induced to use it by what I have said of it here will, I have no doubt, on more than one occasion, be thankful to me for thus warmly recommending it. The mode of administering it has been described in so many Water-Cure books, that it is unnecessary for me to describe it here.

GRANVILLE WATER-CURE.

MRS. GOODELL'S CHILDREN.

BY HARRIET N. AUSTIN, M.D.

CHAPTER II.

On a bright warm afternoon, some eight or ten boys and girls were at play down by the side of a clear, murmuring little brook, which ran across the meadow and through the foot of the garden. They had just come from the afternoon school, and while numbers of them were engaged in throwing stones at a target, the larger number seemed to have all their interest and energies engaged in the construction of a famous dam. They were bringing some large pieces of wood, and had three or four miniature wheelbarrows and numerous picks and shovels employed in digging up and carrying gravel and clay. They seemed to be full of joyousness and fun; and when, occasionally, by a careless movement, a loaded wheelbarrow was turned over, the whole company joined in merry shouts.

On the knoll in the meadow, back of the garden, was a group of young lambs, as merry and gay as the children. The only means which they possessed of exhibiting their exuberance of spirits they were using to the best advantage, by running, jumping, and frisking about. It was at that season of the year when all animated things seem to have instilled into them a fresh supply of new life, which must be expressed in the exhibition of beauty or happiness—balmy, delightful, glorious June.

A stranger, passing up the street, and hearing the laughter of the children, leaned against the post of the garden fence, and watched them. As he listened to their happy voices blending with the notes of the robins singing their evening songs in the pear-trees above, the spirit of childhood entered into him again, and he wished that he might be permitted to leap over the fence and join freely with them in their plays.

Chancing to glance in the direction of the house, he saw a little girl sitting on a rustic seat and gazing at the children with a pale, sad face. His sympathies were aroused, and he immediately approached her. As soon as she saw him, she took up a piece of embroidery which she held in her lap, and commenced work upon it.

"Are you sick?" he inquired.

"No," she replied.

"Then why do you not go and play with the children?"

"I never play with children, sir."

"But why? Do you not like children?"

"Oh, yes! I like them very much."

"And do you not like to see them engaged in play, as they are now, building dams, throwing stones, and all such things?"

"Very much. That is the reason why I come out here. I like to see other children play, but I never play."

"But is not play as good for you as for other children? Come, let us go and help build the dam."

She looked up, with a sorrowful look, into his face for a moment, but the big tears came into her eyes, and she covered her face with both hands, leaned against the back of the seat, and wept bitterly. The gentleman was surprised and distressed, and, sitting down beside her, he took her hand, smoothed her hair, and tried to soothe her. After a few moments she grew calm, and, raising her head, she stooped, and drew out from under the grass and leaves two little crutches, and holding them up, said—

"Here, sir, is the reason why I do not play," and then she wept again.

"My dear little girl," said he, "are you lame? Can you not walk without crutches?"

"No, sir; I never walked without crutches in my life. I can not run, nor jump, nor play. But sometimes, when I see the boys and girls come out of school, running and frolicking, and seeming so happy, I come where I can watch them, and then I hide my crutches where neither myself nor any other person can see them, and make believe that I am not lame—that I could run and play, too, if I wished—and for a while I almost feel like other children. And just now, sir, when I saw the girls feeling so merry, I was beginning to feel merry too, when you came and reminded me that I never can be a child."

The gentleman was so much affected by her affliction that he could scarcely command his voice to speak, but he felt that he should make an effort to turn her attention in another direction; so he said—

"You can do some things very nicely. I see that you embroider beautifully."

"Oh, yes," she said, "I can sew, and knit, and do many kinds of work, and read and write as well as women can. Oh, yes," in quite a cheerful voice, "I am a little woman. But," she added, in a very dejected tone, "I can never be a child."

The stranger soon bade her good-evening, not venturing to allude to her infirmity again, but very desirous to know more of her history. So, crossing to a yard opposite, where he saw a gentleman engaged in transplanting some roots, he accosted him and entered into conversation. He told him frankly of his interview with the little girl, and asked him if he could give him any information in regard to her.

"Yes, sir," he said, "that is little Esther Goodell, the child of my own sister; and a very sad case it is. As you have seen, she is a sweet child, or rather woman, for really she possesses more the characteristics of a woman than of a child. But though she usually exhibits the self-

possession of a mature person, I know that she always carries a great grief in her heart. She has a few times opened her sorrows to me; she longs for the freedom, robustness, and gladness which she feels can never be hers."

"What is the cause of her difficulty? How came she to be lame?"

"Undoubtedly it was caused by the imprudence of her mother. My sister had a great passion to be a notable housewife. She never could rest unless her house, not only, but her husband and children, so far as externals were concerned, were in the best possible order. She was always a great worker, and during her pregnancy with this child, it chanced that she had a great number of visitors staying with her for weeks. In order to carry on her household affairs according to her ideas of neatness and propriety, she rose very early mornings, and worked incessantly about the house till bed-time. And then, to have the little wardrobe which she was preparing finished in the finest style, she would sit up till near midnight, hemming, and stitching, and embroidering, and all that sort of thing. Her own health suffered to a considerable extent from her excessive industry; and soon after the birth of little Esther, it was discovered that her lower limbs were nearly useless. Numerous medical gentlemen were called to examine the case, and they all agreed—and I have no doubt they were right—in the opinion that the impotency of the limbs was the result of the exhaustion of the nervous system of the mother before her birth. For a long time we did not suppose she would ever walk at all, but in her fifth year she became able to get about a little on crutches. She is now in her tenth year, and she has not gained in her power to walk for the last two years. She will never walk any better than she does now."

The stranger thanked the gentleman for the information which he had given him, and walked away, saying to himself, "How much that is selfish and unlovely is covered up under the show of love! This mother would undoubtedly have claimed that her great affection for her family induced her to labor incessantly, when, as in thousands of other cases, her real object was to gratify a morbid and unhealthy love of order, or to appear to better advantage than her neighbors. What an awful mistake she committed in sitting up nights to make garments to adorn her babe when it should be born, and thus embittered and rendered inefficient the whole earthly existence of a human being! If mothers could only learn to make their love for their children intelligent, how differently would they act from what they do! They would do far better for their little ones to clothe them in the coarsest and plainest attire, if by that means they could add to their own healthfulness. It is a great mistake for a man to injure his own health. He thereby destroys, to a large degree, his own usefulness and opportunities for growth. But it is a terrible sin for a prospective mother to indulge in habits, in any direction, which shall depreciate her powers; for she not only has her own welfare in keeping, but the future of her child. How those to whom is committed the great privilege of forming the bodies, not only, but the minds and characters of rational, immortal beings, can consent to live on so low a

plane as most women do, I can not conceive. Poorly, very poorly, do they appreciate their high office. Did I expect to become a mother, I would devote myself to that mission with the greatest earnestness and faithfulness. I would see to it that my physical conditions were the best possible for me to attain. I would regard the laws of life and health with sacredness, not for myself alone, but for another. Then I would seek the best intellectual conditions. Last, and most earnestly, would I seek to cherish the best states of heart, cultivating in myself every quality which I should desire to see in my child. So should I hope to transmit to it physical health and the elements of a noble character."

LUKE BRADEY; OR, WHAT ONE CAN DO WHEN HE TRIES.

BY J. C. JACKSON, M.D.

CHAPTER I.

THERE is no more beautiful scenery in the United States than can be found in some portions of southwestern New York; and though in the early settlement of that portion of this great State the residents were afflicted with febrile diseases of an intermittent character, at present the counties that lie along the extreme borders of the State are populated by inhabitants marked for their intelligence not only and public spirit, but for their usual good health as compared with other portions of the people of the same State, or with the inhabitants of New England or the Western States.

The climate of southwestern New York ranges in its temperature at about the same grade with that of Philadelphia. There are many parts of it where the winters are not severer in cold than is Washington city, and the temperature of the climate is much more equable than that place.

In the winter of the year 1803-4 there moved into one of the towns of this portion of the State a New England family, consisting of husband, wife, and four children; the elder three of these were girls, the youngest a boy.

They were poor, and the father took up a lot of land, paid something upon it at the time the contract was issued, and went to work. Years elapsed, while the family struggled with the hardness of poverty, yet with the independence of honesty, and thrived in considerable degree. Gradually the forest gave way to the untiring industry of the settlers, and as the girls grew up toward womanhood they became quite efficient helpers, not only in the indoor occupations of the family, but in many of the industrious labors that required skill, watchfulness, and assiduity in order to their success.

In the year 1828 the father died. Before this time the girls were married, and had settled in the neighborhood where they had spent their earlier years, while as yet the country was entirely new. The boy, though promising when a child, as he grew to manhood fell into bad company and became dissipated, married, and was killed in a drunken fit, left behind him to the kindness and charity of neighbors and to the providence of God a sickly wife and one child, a boy. This boy forms the subject of my story.

Soon after the father's death the mother died,

and the boy was left with no one to care for him but his father's relatives; and from causes not necessary to mention here, such care was not given to him by them as one would naturally suppose would have been cheerfully rendered, in view of their natural relationship to him and his needs.

It is not always that, to the needy and unfortunate ones, relatives are those on whom the greatest reliance can be placed. Some one has said that if you "want to be denied a favor, ask it of your relatives; if you wish it to be rendered grudgingly, ask it of your friends; if you wish to succeed in its attainment, and profit by the readiness and cheerfulness with which it is rendered, ask it of strangers." This, I think, however, is an overdrawn picture of the unwillingness on the part of friends, or even of one's relatives, to do kindness when kindness is needed. It will not do to accept this view as the common one; doubtless in some person's experience just this condition of things has been witnessed, but it is not always true that one's relatives are persons who are the least mindful of the necessities that now and then press themselves sore upon the consciousness of him or her who may have them to bear and to meet. Be this, however, as it may, the little orphan boy found himself no resident of the home of either of his aunts, but of that of a poor woman, the indweller of a log-house, who lived some fifteen or twenty miles from the place of his birth.

This woman was a widow and childless, but by means of former acquaintance with the child's mother, succeeded in getting possession of him, and adopting him as her own. She, though poor, had evidently in early life seen more than usually good social position, carried in her air and bearing and conversation the proofs of considerable refinement and intellectual culture; and though compelled by poverty to work hard, and oftentimes beyond her strength, yet she readily took charge of the boy; and when inquired of by her neighbors "how, with the difficulties that surrounded her in the way of securing to herself a support, she could take the additional burden of his support upon herself," declared "that her better nature needed its opportunity for improvement and growth; that she could not fasten her affections on mere animals, and that for want of something to love she was suffering. Besides," she argued, "there is a very common error running through the estimates of family economists in respect to the relative expense of the maintenance of one or two or more persons. First," she said, "I must have for myself a house, a bed, a table, some chairs, cooking utensils—in fine, things wherewith to keep house. Now I can not afford to have all these conveniences made of a style and size just large enough to answer my own personal wants. As I can not, what will answer for me in this direction will also answer for the boy; so that, in taking him to live with me, I do not incur any additional expense. Besides, if I must look, as you and my friends will have me look, at this matter purely from the economic, and not from the affectional point of view, I must be permitted to say that no child who is healthy can ever live in a family which is well directed till he is six years of age, without being able to earn his bread, washing, and lodging. Children fill certain places in a household's life that grown persons can not fill. I

do not mean from the point of money-making merely, but from the point of social influence. It is a false view which is sometimes taken, that members of a family who do not positively add to the sum total of the means of living by their labor are therefore causes of expenditure, and consequently are of no avail. In all well-educated natures God intends the social faculties to be cultured and made available. It is not good for man to be alone. One of the best poets of America has left on record his impressions of loneliness. He says:

"In 'Never more' there is despair,
In 'Fare-thee-well' a dirge-like tone;
But agony too hard to bear
Breathes in that mournful word, 'Alone.'
It tells of broken hearts and ties,
Long-silent lips and curtain'd eyes,
Of vanished birds, abandoned nests,
And white hands clasped on silent breasts.
Alone! alone! What echoes wake
In memory's cavern at the sound!
While phantoms their appearance make,
As if the lost again were found.
But, ah! how desolate the thought,
Such figures are of moonlight wrought!
Alone! alone! No sadder word
By mortal ear was ever heard."

"Now," said this poor widow, in her colloquy with her friends, "I would rather have a helpless babe in my log-cabin, whose cries should wake me in the night, and whose wants should compel my attendance and care, than to be *alone*. My nature is eminently social. I knew this lad's mother when she was a pretty, blue-eyed, flaxen-haired girl. I knew his father when he was a boy, and gave bright promise of extended usefulness. I watched him, and saw him take his earlier steps in the wrong direction. I was present at his marriage with this child's mother, and I knew that her life would be short, as are the lives of all persons who, constituted as she was, come to see how their hopes have all faded away into nothingness, and their hearts, that once beat with quickened pulsations under love's promptings, lie down and grow still, because they are broken. I knew my friend would die of a broken heart, for I knew her husband would become a drunkard. How, then, could I help taking this child? No one cared for him half as much as myself; and so far from my having to labor harder, to support us both, than I should have done to support myself alone, I can say that, though the work I may have to do may be increased in degree, the intense strain on my nervous energy is vastly lighter by my having a beautiful child to love."

To such a view as this there could be presented no counter argument, unless it was based on the narrowest notions and drawn from sources that would have lessened, in the esteem of all good people, the characters of those who might have presented it. So the widow and the orphan were the inmates of one dwelling, and over them God spread the wing of his love, and hid them under its broad and beautiful shadow.

Time sped on; the child loved his adopted mother; the mother's heart was bound up in her child, and her material circumstances, almost immediately after his removal to her humble home, began to improve.

She owned a farm, but only a small part of it,

at the time of which I now speak, was under any kind of cultivation. What had been cleared off was rough, and but poorly tilled. But from the day that she took the boy home, her nature seemed to become vitalized, refreshed, and all its powers quickened.

She acted, in all her intercourse with her neighbors, quite differently from what she had previously done. Her sorrows gradually faded away, and the remembrance of her griefs became dim. The memory of her dead husband, though none the less vigorous, was less intense, for now her affections had something on which to fasten themselves, and she therefore lived no longer in the past, but for the future. To rear this boy, to train him and educate him so that he should have, when manhood ushered him into life's responsibilities, the talents of his father without his evil habits, became with her the ruling motive of every action.

Two years had not passed before this silent, sorrowful widow was one of the most energetic and thoroughly active persons in the whole neighborhood.

Her farm was carried on with skill. She showed excellent tact in developing its resources. Somehow her crops of grain and vegetables were the very best in the whole group of farms of which the settlement was composed; her cattle increased in numbers, and whatever she seemed to undertake prospered.

Five years passed away; the old log-house gave way to a plain, substantial frame house, finished from cap-stone to foundation, painted outside and in, papered, carpeted, and well furnished.

The widow Avery was a thriving, prosperous business woman, and the boy she loved was worthy of her love. As a child at school, he was the first in his class. Healthy, beautiful, kindly tempered, of excellent disposition, his teacher loved him, and the children at school never quarreled with him. He was obedient, studious, persistent, and successful in the performance of all the duties that were laid upon him as a scholar.

Besides these, he had a very great love for sports. He knew the spots in the tiny, tinkling, murmuring brook that run through his mother's farm where the speckled trout liked to gather. He was a fisher, shrewd, sharp, and ready, although he was not yet ten years old. He begged his mother that she should buy him a gun, with which request she complied; for she had the good sense to understand that just to the degree that she made those periods of his time when he was out of school *recreative* to him—amusing, interesting, and instructive—would she secure to him the love of the True and the Beautiful, and thus present him with securities and safeguards against the establishment of evil habits.

So she bought him a gun and let him hunt. Young as he was, he would go off and be gone two or three hours, and come back with pigeons, quails, squirrels, and smaller game, that were abundant in the woods, and easily learned to dress them and skillfully prepare them for the hands of his mother.

Time sped as he always does—Old Reaper that he is—never tiring, traveling as well when we sleep as when we wake—and with him traveled the years.

At eighteen this lad was in Union College, no scholar in his class exceeding him in all matters pertaining to the acquisition of knowledge.

He went through the entire collegiate term, and his name stands on the books of that institution without a single black mark against it.

He was never known to infringe or violate any of the rules of the college; never had a difficulty, while a student, with any of his fellows, who were more or less advanced than himself; never was reproved by the faculty, and left, when he graduated, with the first honors; and, what was *very singular*, he left college in good health, not having lost a lesson by sickness, having taken no medicine during the whole four years, and although born and brought up in a region remarkable at that period for the frequency of febrile diseases of a miasmatic nature, never up to the time of his leaving college had he been sick a day.

When these facts came to my knowledge, as they afterward did from his own and his mother's lips, I confess I was puzzled to know the cause why this young man should have been such an exception to the citizens of his vicinity generally in all that pertained to life, growth, health, and manly acquisition. So interested was I, if possible, to get some clew whereby I might be justified in drawing an inference, that I asked his mother what means she used to bring this boy up from infancy to manhood so as never to have him sick. Though her hair was gray, and her cheek was wrinkled, and her beauty had faded, yet I think I never saw a more luminous expression spread itself over a human countenance than came over hers, when, looking me in the face, she said, "My love for him was the shield to him." I assure my readers I went to bed that night and thought of the power of love—real, genuine, womanly, Saviourly love. I remembered how the Saviour, when on the earth, cured the sick and protected those who were brought to Him by His love. I remembered that on one occasion He said to His disciples, "If ye love me, keep my commandments, and I will love you, and my Father and I will come to you, and be in you, and dwell with you, and the things that I do ye shall do also, and greater things than these shall ye do, because I go unto my Father."

It impressed itself upon me that every human being who relates himself to Christ in such way as to become *one* with Him in aim, purpose, labor, trial, and achievement, is permitted to partake largely of the Saviour's redeeming powers, so that without any exaggeration it may be said of such person that he, too, may also be a redeemer; and in this view of the case it did not appear to be so strange as at first it did, that the adopted mother of this boy had kept him by the power of her love from the sins and follies incident to youth, but had also guarded and shielded him from the sicknesses that were so common to those who live in their neighborhood.

I thought then, also, of what the Saviour said, that His disciples should be so strengthened and protected that they should not suffer even from deadly things, and the question arose whether one might not be so related to life as, under the exercise of large and commanding faith, to become thoroughly shielded and guarded against the effects of those material morbid influences out of which disease and death so often spring. At any rate, this was evidently the view which the mother of this young man took; for, on recurring to the subject the next morning, she went on to say "that from the day that she introduced the child to her cabin she had never doubted for a moment that he was under the Divine care and protection, and that her efforts in his behalf would be crowned with the completest success; for in no selfish spirit had she been moved to pick up the poor little orphan and take him into her bosom, and give to him of her own life."

Publishers' Column.

THE FORTUNATE ONES.

The premiums offered in our December number for the first ten clubs of twenty subscribers each, have been awarded as follows:

1. C. S. RUST, Fulton, N. Y.
2. J. JONES, Loch Sheldrake, N. Y.
3. B. L. THOMPSON, Stark, N. H.
4. FRANK R. JONES, M.D., New York City.
5. U. T. WOODBURY, Dille's Bottom, Ohio.
6. CARRIE BORDEN, New York City.
7. DAVID DODS, Dansville, N. Y.
8. BARLOW J. SMITH, M.D., San Francisco, Cal.
9. A. G. WOODWARD, Lexington, Ill.
10. DR. JACKSON WATTS, Des Moines, Iowa.

BARNUM STILL ALIVE.—The papers announce that "the large lecture-room (or theater portion) of Barnum's Museum will hereafter, on Sundays, be used for religious purposes—admission free." This will be convenient for many strangers in the city who are desirous of attending public worship. But lest any may think that the opening of the Museum for this purpose is indicative that the churches in New York are crowded to overflowing, we would mention that it is not often difficult for persons desirous to obtain seats in any of them; and if Barnum's is as well attended on Sundays as it is on week days, it will get more than its proportion of worshippers.

P. S.—The Museum, with its million of curiosities, including the Whale, Hippopotamus, Happy Family, Bears, Sea Lion, etc., is, as heretofore, open during the week. Admission 25 cents; children 15 cents.

* * Magnificent performances in the lecture-room every afternoon and evening.

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TO FRIENDS AND CO-WORKERS.

IN JANUARY and in JULY we begin new Volumes of this JOURNAL. Those whose subscriptions close with the last number, can now forward, with their request for renewal, the names of their neighbors as new subscribers. May we not hope for a very large accession to our list to begin with the new volume? We will print the man-elevating truths, and trust to our co-working friends in every neighborhood to find the readers. Now is the time to begin the good work.

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CLUBBING WITH THE MAGAZINES, ETC.—We will send the JOURNAL for 1862 and a yearly copy of either *The Atlantic*, *Harper's*, *Godey's*, or any other \$3 magazine, for \$3 50. The JOURNAL and either *The Illustratist*, *Howe's Magazine*, *Arthur's Magazine*, or any other \$2 magazine, for \$2 50. Canada subscribers must add the American postage.

PRESENT SUBSCRIBERS are our main reliance. Those who know the utility of the JOURNAL will work for it, and recommend it to their friends and neighbors, that they too may participate in the benefits of its teachings.

VOLUNTARY AGENTS.—Any and every subscriber or reader is requested to act in behalf of the JOURNAL, by forming clubs or otherwise. Now is the time for its friends to manifest their interest in the JOURNAL and the cause it advocates, either by obtaining new subscribers, or inducing others to act in its behalf. If any love or wear out numbers in showing the JOURNAL—that's the best way to get subscribers—we will duplicate them in order to make their files complete for binding.

THE JOURNAL is published strictly upon the CASH SYSTEM; copies are never mailed to individual subscribers until paid for, and always discontinued when the subscription expires. Hence we force the JOURNAL upon none, and keep no credit books, experience having demonstrated that the cash system is altogether the best for both subscriber and publisher.

We send specimens gratuitously with pleasure; but our friends must not be disappointed if they do not receive the particular number desired. We do not make any numbers to serve us as specimens, but intend that any month's issue shall be a fair index of the year, and consequently use for distribution those of which we have a surplus after supplying subscribers.

FRIENDS—CO-WORKERS—VOLUNTARY AGENTS, in every neighborhood, are invited to engage in the good work of extending the circulation of these unique and valuable periodicals. A little well-directed effort, just now, will double our list of readers, and thus scatter invaluable blessings among thousands. May we not hear from you?

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HAVING BEEN a member of a club at some previous time does not entitle persons to renew their subscriptions at club rates, except a new club is formed. Our terms are: for 10 copies, ordered at once (and one copy extra), one year, \$5; 5 copies, \$3; single copy, \$1.

TEACHERS, EDITORS, CLERGYMEN, and others, are invited to obtain subscribers in the neighborhood where they reside. Traveling Agents may obtain Certificates from the Publishers, on presenting suitable recommendations.

CLUBS may be made up of persons receiving their Journals at different post-offices. It often occurs that old subscribers are desirous of making a present of a volume to friends at a distance.

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We will club with any newspaper or magazine published in New York, Boston, or Philadelphia.

OUR terms are, PAYMENT IN ADVANCE. No Journal sent before or longer than paid for.

Literary Notices.

HESPERUS, and Other Poems and Lyrics. By Charles Sangster. 12mo, cloth, pp. 186. Montreal and Toronto.

This little volume we have read with much pleasure. Mr. Sangster writes with the true poetic feeling. His thoughts are expressed in language simple and pure, yet stirring and animating. His descriptions of the natural beauties in which the Canadian scenery abounds are exceedingly fine, and his bits of verse are exquisite.

SONG OF THE CONTRABAND.—Words and music obtained through the Rev. M. Lockwood, Chaplain of the "Contrabands" at Fortress Monroe, arranged by Thomas Baker; also, "THE LORD BOTH NOW TO THIS NATION SPEAK," a parody on the "Song of the Contraband." New York: Lorraine Waters, publisher.

The "Song of the Contraband" is interesting as a composition in both words and music by the Negro slaves of Virginia. It is simple, yet plaintive and musical, and will no doubt have a run.

PATHOLOGY OF THE REPRODUCTIVE ORGANS. Embracing all forms of Sexual Disorders. By R. T. Trall, M.D.

THE SEXUAL ORGANISM AND ITS HEALTHFUL MANAGEMENT. By James C. Jackson, M.D.

In one v-l. 8vo, 132 pages, half morocco, with accurate Portraits, from steel, of the Authors. Published by R. Leverett Emerson, Boston. Price \$3. Postage 27 cents.

There are no portions of the human system less understood, more liable to derangement and to be diseased, and when so, more difficult to treat with satisfactory results, than the organs of reproduction. But notwithstanding that this is well known, or at least very generally admitted, such has always been the state of public feeling, that it has been dangerous to a writer's reputation to treat thereon. Owing, however, to the efforts of a few leaders in Hygienic Reform, this prudery is somewhat abated, and the people are beginning to feel that it is proper to study that which it is right and necessary to know. With a few exceptions, the books that have been heretofore written concerning the generative organs have been designed either to laud some medicine or practitioner, or, by exciting the passions, to make money directly from their sale, without regard to the merit of the book or the truth of its teachings.

Those who know the authors of the books under notice know that for years they have given their most earnest efforts to the advancement of the cause of Medical Reform, and that they are most uncompromising enemies of Drug-medication, whether administered by quacks or by authority of the "orthodox" medical colleges. The position they have attained as writers and practitioners, although opposed in the bitterest manner by all old-school physicians, regular, irregular, and defective, is a guarantee to the public of the honesty of purpose with which they write.

The "Pathology of the Reproductives" treats principally on venereal diseases, spermatorrhea, female diseases, and miscellaneous affections of the reproductive organs—their causes and proper mode of treatment.

"The Sexual Organism and its Healthful Management" is the title chosen by Dr. Jackson under which to talk plainly and instructively on all the delicate points connected with generation and reproduction, and the proper treatment for all troubles arising from the abuse of the genitals. The book is well printed, substantially bound, and should be read by all old enough to understand it, particularly by all married persons.

THE HON. BEN. WOOD AS A NOVELIST.—The firm of Carleton (late Rudd & Carleton) has in press, and will soon publish, a novel by the Hon. Ben. Wood, entitled "Fort Lafayette; or, Love and Secession." This novel will be such a great literary curiosity in its way, that we sincerely hope that the Government will not find it necessary to suppress the work, as it suppressed Ben. Wood's romantic productions in the defunct *Daily News*. Ben. Wood came very near having an intimate personal acquaintance with the interior of Fort Lafayette at one time, and we suppose his novel describes what would have happened if he had been sent there. In this view of the case, it strikes us that the title "Love of Secession" would be much more appropriate for the book.—*New York Herald*.

THE AMERICAN PHRENOLOGICAL JOURNAL AND LIFE ILLUSTRATED for February (now ready) contains: George Odyke—Phrenological Character and Biography; What Makes a Thief; The Five Gateways of Knowledge—No. 2—The Ear; Moral Philosophy: or, the Duties of Man considered in his Individual, Social, and Domestic Capacities; Opinions of the People; Education and Training Phrenologically Considered—No. 7; A Convert to Hygienic Truth; By the Old Bridge; Prince Albert and Queen Victoria; Col. Samuel Colt—Phrenological Character and Biography; A Shelf of our Cabinet; J. D. Woodruff's Improvement in Saddles; Problem: to Analyze the Intellect and Knowledge; The Huskers; The Brave at Home; Editorial Change, etc.

WALKER, WISE & Co., Boston, have issued a volume of forty Prayers, by the late Theodore Parker, making a new volume of 200 pages, with a fine portrait from steel of the author. Price 75 cents. Sold by James Miller, New York.

THE PHYSICIAN'S POCKET MEMORANDUM FOR 1862, by C. H. Cleveland, M.D., Cincinnati, has just come to hand. We should consider it almost invaluable for the practitioner who used drugs and medicines; and to those who do not, it is well worth its price, \$1.



NEW YORK, FEBRUARY, 1862.

WATER.

"To the days of the aged it addeth length,
To the might of the strong it addeth strength.
It freshens the heart, it brightens the sight,
'Tis like quaffing a goblet of morning light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

DOLLARS AND CENTS.—All enterprises, good or bad, all businesses, useful or injurious, and all undertakings, right or wrong, are, in this pre-eminently commercial age, based on the almighty dollar. Whether we give or receive goods and chattels, or knowledge, or opinions, or advice, be these good, bad, or indifferent, all must be regulated by a circulating medium—gold or its equivalent. We do not precisely admire such a principle of human action, for it is ever liable to be perverted to the way of getting all one can and giving as little as one must; and rarely adopts, as a rule of conduct, the golden and god-like maxim of doing to others as we would be done by. Still, we do not see any better, or rather any other, way of getting along in the world, just now, than to accept the world's manner of doing business, whether we do or do not adopt the practical principle that usually underlies it.

The pursuit of health, like that of knowledge, is often attended with difficulties for lack of the needful; and many persons complain that because Hydropathic physicians usually charge five dollars for a consultation, and six to twelve dollars a week for board and treatment at the establishments, that Water-Cure is a system for the rich and not for the poor. But, we think, a little closer examination of the subject will show that, expensive and troublesome as it may be, it is the least so of any system extant. The following case will serve to illustrate our point: Mr. Appleyard, of Keeseville, N. J., called upon us a few days since. We did not at first recognize him; but he proceeded to explain that, three years since he called at our office for advice accompanied with his wife. Both had been invalids for many years, and had paid out hundreds of dollars for medical advice and medicines,

not only without benefit so far as the diseases were concerned (dyspepsia and liver complaint), but with manifest injury to the constitution. We gave each a prescription for home-treatment, which was faithfully carried out, and for which they paid ten dollars. From that day to this their health has gradually improved, and they have not paid a copper for drug-medicines or the advice of drug doctors, nor, indeed, for medical advice of any kind. But the improvement did not stop here. They have six children, who, formerly, were liable, as most children are who are reared in the ordinary manner, to frequent ailments, so that the parents seldom got through a whole night without being called out of bed, more or less. Mr. Appleyard invested three dollars in the "Hydropathic Encyclopedia," one dollar a year in the WATER-CURE JOURNAL, and one or two dollars in some of our tracts on various subjects, and so himself and wife kept themselves well posted in the Health-Reform Movement. The result is that his children have all lost the habit of being sick, work or play all day, and sleep soundly all night.

We could give the names of hundreds and thousands of families who have a similar experience. So much for the expenses of home-treatment. And now, how is it at the establishments? The majority of patients who come to us have expended hundreds of dollars before coming to us; most of them have paid for doctors and for drugs which have done them nothing but damage, more money than is required to cure them now. And if they had come to us in the first instance the expense of their cure would have been insignificant.

Five dollars for a prescription for home-treatment is regarded by some as exorbitant. But these persons do not consider that we must examine and so understand and explain the case as to give a plan of management which will be good for weeks or months. A majority of cases for whom we prescribe self-treatment, and who recover, pay us less than ten dollars in all. Drug physicians may charge fifty cents or a dollar for a visit or a prescription, but their visits or prescriptions must be so frequently repeated, that a bill of ten or even twenty dollars is soon accumulated. And as each drug which the doctor prescribes for some symptom or condition of the original disease leaves a disease of its

own—a drug disease—for which he is likely sooner or later to be called on to prescribe for, he can well afford to give individual prescriptions at a low rate. The more he drugs his patients the more his patients become dependent on his drugs. But with Hygienic practice the contrary is true. Our patients soon become so intelligent as to be able, in most cases, to dispense with our services altogether.

We sometimes visit patients in the country at a distance of twenty, fifty, one hundred, or three hundred miles, for which we charge ten, twenty, or fifty dollars; but in these cases we are almost always enabled to advise the plan of treatment which precludes the necessity of a second visit, only requiring thereafter, and that only in extreme cases, such advice as we can give by letter. This may seem expensive at first view; but it is vastly cheaper, as a mere matter of dollars and cents, than to employ the nearest drug doctor, even if he does not live ten rods distant. For if the disease be chronic, there will be no end to his calls and to the disability of his patient; and if it be acute, as a fever, a pneumonia, or a visceral inflammation, he must visit his patient once, twice, or thrice a day, and a bill of twenty-five or fifty dollars is not long in accumulating.

It is true there *ought* to be institutions all over the country where the poor can be treated Hygienically at a mere nominal cost. But this is the business of the people—of everybody, so that nobody attends to it. Individuals can not do it. If they have the disposition and the philanthropy, they have not the means. If we can succeed in sufficiently enlightening the public sentiment, such institutions will follow as a matter of course. Until then the people must choose where they will go, or stay, and what manner of doctors they will have.

CONSTIPATION AND APOTHECARY STUFF.

—On the occasion of one of our recent clinics before the medical class, one of our patients presented us with an invoice of "drugs, medicines, and dye-stuffs," accompanied with the following letter:

DR. TRALL—*Dear Sir:* The inclosed prescriptions and accompanying bottles, phials, boxes, and powders of medicines, are a part only of what a "regular" gave me for a case of constipation of the bowels and congestion of the bladder. Under the influence of extreme pain, I could see no way but to accept such assistance as was proffered by the "family physician." I was stupefied with narcotics and salivated with mercurials, and was not able to leave my room until the twelfth day. Then I left the place, the doctor, the medicines,

and all, and came to your establishment, where I was soon restored to a working condition again. Yours, truly,
G. S. THOMPSON.

The medicines which Mr. Thompson had not taken, and which constituted only a part of the drug-poisons which had been prescribed for him by a single physician of the Allopathic school, during a sickness of twelve days, were contained in two small bottles, three phials of different sizes, one tin box, and a package of multitudinous powders. The poor bedrugged invalid had the curiosity to go to the apothecary who dispensed the drugs and copy the prescriptions from his files. On looking over these prescriptions we counted more than thirty different ingredients—the separate prescriptions numbering precisely one dozen (just one per day), and the ingredients of each averaging within a small fraction of three. And if these represent “a part only” of the “doctor stuff” which the man swallowed, the totality of the druggery in his case could not have been less than about *fifty poisons* taken into his system in twelve days. A simple arithmetical process in the rule of three direct will enable any one to calculate the extent to which his “inner man” has been transformed into an apothecary shop. For example, fevers run from one to twelve weeks; consumptions, from six months to two years; dyspepsias, from one day to a quarter of a century; nervous debilities, from the time they commence till the patient ceases to exist. The cases may be thus ciphered: as 50 drug remedies are to twelve days of sickness, so are the number of days any one is sick to the amount of medicines required. As the materia medica now consists of about 2,000 drugs, a patient would have to be sick just one year and a half to have the benefit of the entire pharmacopœia; and then if he did not get well (and did not die—if this is a supposable case), he could go through the materia medica again, or have it go through or go into him. At any rate he would enable the drugging doctor to prove that he had “done all that could be done.”

PUTRID SORE THROAT.—Mr. John Kyle, of Lock Sheldrake, N. Y., was brought to our establishment in December last, laboring under a disease very much resembling some forms of diphtheria, and precisely like the “black tongue” or “malignant sore throat” which is occasionally so fatal with human beings, and which we have known to prevail several times very extensively

and very fatally among domestic animals. Mr. Kyle reached us about forty-eight hours after the attack, and was then in a dying condition. Indeed, he was, in all human probability, death-struck before leaving home. When we first saw him the throat was extensively ulcerated, the upper part of the windpipe destroyed, so that but little air could be received into the lungs, and mortification had already commenced in the extremities.

This case, though a fatal one, presents many points of interest and instruction to those who will not or can not understand the relation between *habits of life and causes of death*. The patient was the *ninth child* who has died within a few days in a family of eleven children. The only survivors were his two brothers who came with him and returned with the corpse, and all the cases which had thus far occurred in the place had terminated fatally.

We have no doubt that most, if not all, of such cases are curable by Hygienic medication, if taken in the outset. But ulceration is often so rapid, and disorganization so extensive, that it may acquire a fatal intensity in a few hours. This disease has been treated with uniform success, in several parts of the country, by the graduates of our school, among whom we may mention Dr. McCune, of Delhi, N. Y., and Dr. A. G. Weed, now of Sacramento, California. We have also heard, in our travels about the country, and in our correspondence by letter, of sporadic cases, which have been treated Hygienically, and among those we have heard of no deaths.

But what can be the causes of this horrible disease? Do one of the 40,000 drug doctors of these United States give the people any instruction in this matter? Have they, even in a single instance, taught the people, or even attempted to teach them, so to live as to avoid it? No, no; not a word of this. It is enough for the members of the medical profession (who are really as ignorant and thoughtless on this subject as the people are) to drug and dose, and let the people eat foul food, and breathe unwholesome air, and inhale contagion from stagnant waters, unventilated cellars, sinks, and cesspools, and from stables, piggeries, fowleries, etc., in close proximity to the dwelling-house, and rot alive.

Few people are aware what streams of infection they may constantly take into

their blood and vitals from these sources; and very few of our farmers suspect the real source of the death when some member of the family is hurried suddenly to the grave of a consuming typhus fever, the suffocating diphtheria, or the malignant scarlatina. And if to the causes above indicated are added gross and constipating food, such as a dietary of swine's flesh, sausage, buckwheat cakes in pork gravy, fried doughnuts, mince-pies, stale cheese, short-cakes well buttered, potatoes cooked in lard, and sweet cakes made of sugar, eggs, butter, lard, and fine flour, no intelligent physiologist can wonder that the putrescency of the whole mass of blood, and the grossness and corruption of all the fluids and secretions, should occasionally manifest itself in some form of disease so violent that even poisoning the patient with drug-medicines does not save his life.

The only chance for the patient, after this disease has become manifest, is to purify the whole system, and reduce the local inflammation as rapidly as possible. When there is no great heat of the surface, the warm bath, followed by the tepid wash or dripping sheet, with very cold applications to the throat, and frequent sips of iced-water or bits of ice held and melted in the mouth, should be employed. When there is great superficial heat, the wet-sheet pack is preferable. The bowels should be freely moved with enemata of tepid water, and the air of the apartment kept at all times fresh and pure.

LECTURES ON THE HOLY LAND.—Many of our readers will recollect a case of typhoid fever, published in the last volume of the WATER-CURE JOURNAL, in which we had a dispute with the Allopaths respecting the propriety of administering stimulants in low fevers. The patient, Mr. William W. Williams, was a student in the Theological Seminary of this city. He came to our establishment laboring under a most malignant form of typhus, and was for several days regarded as hopeless by his friends, some of whom wished him to be put into the hands of the drug doctors, who proposed to give him brandy, quinine, beef-tea, etc. We did not permit them to meddle with the patient, but continued the strict Hygienic treatment (as we always do in all cases), and in a couple of weeks the patient was about house. Since then Mr. Williams has traveled extensively in Europe, Asia, and Africa, made himself

thoroughly familiar with the history of the Holy Land, and collected quite a museum of curiosities, which, with a number of engravings and maps, he employs to illustrate the lectures he is now giving on the subject of his travels, observations, and adventures, in that land of classic associations and sacred recollections. His first lecture was given at the Hall of the New York Hygieo-Therapeutic College, on the evening of Dec. 17th, 1861, and was received with unbounded satisfaction. In manner and matter his lectures are highly entertaining and instructive; and will give one a better idea of the country where the most memorable events in this world's history have occurred, than can be learned in months from books. Mr. Williams is a young man of sterling character, and we heartily commend him and his lectures to the hospitalities and patronage of our friends wherever he may travel.

DIPHTHERIA STATISTICS.—We are desirous of obtaining, for publication, all the information possible in relation to the prevalence, treatment, and fatality of diphtheria. Wherever the disease exists, our friends can oblige us, and perhaps benefit themselves, by sending us an account of its prominent features, the method or methods of treatment adopted, the ratio of deaths, etc. We would also like, especially, as full a statement as possible of the circumstances which will enable us to explain the *causes* of the malady—the personal and particularly the dietetic habits of the people in whose families the disease occurs, their surroundings as to miasms and impurities; the condition of their cellars, cesspools, outhouses; the location of stables, barn-yards, penneries, hog-pens, slaughter-houses, and all other sources of atmospheric infection, etc.

AN IMPROVED SITZ-BATH.—Dr. Frank R. Jones, Professor of Chemistry in the Hygieo-Therapeutic College, has made a little improvement in the sitz-bath tub which is really of great value. It consists in a contrivance by which water can be supplied and withdrawn without disturbing the patient. It is frequently necessary to renew the water several times, or increase or decrease the temperature; and with the ordinary tub the patient is obliged to rise and be exposed to a current of air each time. The improvement of Dr. Jones' entirely obviates this difficulty. It answers also as a very good substitute, when

desired, for the full warm bath, and by putting the feet in hot water at the same time, and enveloping the patient well in flannel blankets, it is not a bad substitute for the vapor bath. No family should be without one. The price is \$6.

TAXATION.—The enormous expenses of the war will necessitate heavy taxes for years to come. And it seems proper that in levying such taxes much care should be taken to make them as equal as possible. There are certain articles of food and clothing which all need. A poor man's family needs flour as much as that of a rich man, but if a tax of a dollar a barrel was laid, it is readily seen upon whom the burden would fall the heavier. If the tax was a dollar on every gold watch, he who could not afford a gold watch would have no tax, and the supposition is, he who can afford one is able to pay the tax. It seems reasonable, then, to ask that in making out a schedule for articles for taxation, they should be classed somewhat as follows:

Articles the use of which is directly injurious.

Articles the use of which is indirectly injurious.

Articles the use of which is unnecessary—and so on, until we reach those articles which are necessary to poor and rich alike. These classes would, of course, be subject to subdivision.

Were we appointed tax commissioners, in the first division of the first class—as those things the use of which is more particularly injurious than any others, we would place—

1st. DRUG MEDICINES.

2d. TOBACCO.

3d. INTOXICATING LIQUORS.

And on the manufacture and sale of these we would lay such taxes as would aid materially toward supporting the Government.

We will not so far impose upon the readers of the JOURNAL as to discuss the truth of the proposition that these articles truly belong to the class in which we have placed them. If any doubt it, and will in any proper manner signify their doubts, we will endeavor, at a proper time, to dispel them.

POSTAGE.—The postage on this JOURNAL to any part of the United States is six cents a year. The postage is payable in advance at the office of delivery. Postage to the British Provinces is six cents a year, and to Great Britain 24 cents a year. As these are payable in advance the amount should be remitted with the subscription.

To Correspondents.

Answers in this department are given by Dr. TRALL.

ABSCESS OF THE LIVER.—J. D. S., Salem, Mass. Throbbing pain and tenderness in the right side, cough and chills, hectic fever, inability to lie on the left side, and a discharge of purulent matter with the feces, indicate an abscess or ulceration of the liver. Such cases are not generally fatal. Wear the wet girdle, take two or three tepid hip-baths daily, and diet very abstemiously.

CHRONIC NEPHRITIS.—P. B. L., Fort Wayne, Ind. Constant and often severe pain in the groin and small of the back, chills alternated with feverishness, inability to walk without great difficulty, and frequent and painful urination, indicate chronic inflammation, with ulceration of the bladder. Warm hip-baths, the wet girdle, and a very abstemious diet are proper; but we fear the case has already reached a fatal stage.

ALBUMINURIA.—T. Y., Attica, N. Y. The presence of albumen in the urine is supposed to denote disorganization of the structure of the kidneys. It is regarded as incurable by allopathic physicians, though we have cured several cases. The present emperor of France was cured of this disease at a watering-place. The presence of albumen may be ascertained by heating the urine to the boiling point. If albumen is present, it will coagulate like the white of an egg.

CUTANEOUS ERUPTION.—I. M. Z., Belleville, Pa. The case you describe may be occasioned by a bilious humor in the blood, and may be aggravated and prolonged unnecessarily and injuriously by excessive bathing, or the use of water of too cold a temperature. These are very common errors in home treatment, and sometimes the same mistakes are made at the establishments.

DISEASED GLANDS.—J. I., Hartford, Ct. The difference between an enlarged gland and a degenerated gland is this: An enlarged gland is simply increased in bulk; a degenerated gland is diminished in bulk or changed in structure. We can not say whether you can cure yourself by following as well as you can the directions of "Water-Cure for the Million." You may not be curable at all. We can only assure you that those directions are correct. "Nervous vitality" means *sensibility*, which is the vital property of the nervous tissue.

VEGETARIAN ECONOMY.—S. M. N., Germantown, Pa. The saying to the people of the city of New York alone, should the people all adopt a consistent vegetarian diet, would be more than \$20,000,000 annually. From this you may infer what would be the economy of dietetic reform, could it extend over the civilized world.

DISTANT PATIENTS.—A. R., Burlington, Vt. To visit the places in your vicinity and examine the patients would keep us from the city two days and three nights. Our fee would be \$50 and railroad fare.

HYDRIODATE OF POTASSA.—P. B. M., Baltimore, Md. This drug is now very extensively employed as a substitute for mercury in scrofulous, rheumatic, and syphilitic diseases. It is nearly as pernicious in its effects on the constitution as are the mercurial drugs, although it does not occasion salivation.

MERCURY AND SYPHILIS.—C. A. L., Madison, Wis. Mercury is not a "specific remedy" in any sense whatever for venereal disease. It does, however, often change the venereal to the mercurial action, but this is only making a very bad matter very much worse.

BE CAREFUL.—If those ordering the JOURNAL would write all names of persons, post-offices, etc., correctly and plainly, we should receive less scolding about other people's errors. We are not infallible, but most of the errors about which agents complain are not attributable to any one in the JOURNAL office. People who forget to date their letters at any place, or to sign their names, or to give the name or address for copies ordered, will please take things calmly and not charge us with their sins of omission, etc.

CHRISTMAS AT 15 LAIGHT STREET.

THE Christmas festivities were inaugurated on Christmas Eve by a large and interesting company, gathered in the Lecture Hall to participate in the pleasures of the usual weekly sociable. The melody of harp, violin, and bugle had been kept time to by merry feet but a few moments, when the door quietly opened, a small party entered preceded by the Rev. Geo. D. Crocker, who to the pleasant surprise of all within begged leave to introduce to the company Mr. and Mrs. Frank R. Jones.

Congratulations many and heart-felt greeted the newly wedded pair on every side.

The evening passed swiftly and pleasantly away, the hours seemed winged with happiness. Ten o'clock came, when, as usual, the lights were extinguished; and as no refreshments whatever had been partaken of, none of the confectionery, cake, rich pastry, or other so-called dainties or delicacies usually attendant upon Christmas and wedding parties, all retired with clear heads and consciences, wiser, better, and happier for the evening's entertainment.

During the forenoon of Christmas the various churches, lecture rooms, picture galleries, parks, and pleasure excursions received a due share of patronage from the house, each and all returning with every evidence of merry Christmas written on their faces.

At three o'clock the doors of the dining-room were thrown open, and the room filled to its utmost capacity with patients, boarders, students, and a few invited guests, who discussed with evident satisfaction the following bill of fare, which was free from every mineral or animal substance, except a little pure Orange Co. milk, as have been the tables set for patients in the institution for the last eighteen months.

BILL OF FARE: Diamonds, hard unleavened unbolted bread, Dr. Trall's crackers; cracked wheat, corn-starch, apple puffs, rice jelly cake, canned sweet corn, canned tomatoes, Lima beans, sweet and Irish potatoes, boiled beets, celery, milk, sugar, stewed peaches; Spitzenberg, Greening, Russet, Seek-no-farther, and other apples; oranges, figs, almonds, filberts, pea and hickory nuts, pumpkin pie, raspberry pie, plum-pudding, etc.

Many so-called vegetarian and health-reform festivals have been given, which although discarding meat, presented a bill of fare little less exceptionable. But this one gave the lie outright to many pretended dietetic reformers, even those now in high places as health-reformers, who say it is impossible to set a table which will at once satisfy the requirements of the appetite, and at the same time be free from salt, soda, butter, grease, and other abominations.

The happy countenances of every one present proved the expressed truthfulness of the sentiment presented by C. M. Plumb, Esq.: "A vegetarian dinner—it it meet for us to partake of it." A universal sentiment prevailed that roast turkey, chicken-pie, beef-steak, oyster-stews, stimulants, or condiments would be as much out of place as a slaughter-house in a flower-garden.

After the material feast was disposed of, Hon. Judge H. R. Low, senator-elect from the Ninth District (Orange and Sullivan), a sterling friend of

Health Reform, was called to the chair, and Rev. G. D. Crocker, chaplain of the 6th N. Y. Volunteer Cavalry, a guest of the house, read the following toast:

"Doctor R. T. Trall—the lieutenant-general of the army of reformers, battling the rebellion against nature's laws with the bayonets of genius and the rifled cannon of truth. May he live to see himself appreciated as he deserves to be—and the huge system of error which he combats totter to the ground."

Which elicited the following truthful sentiments from Judge Low:

It would seem strangely out of place that I should essay to speak to the leaders and teachers of medical and dietetic reform—those only of professional or scientific attainments are qualified to discuss these important subjects.

Yet I should do injustice to myself did I fail on this occasion to speak of my absent friend, to whom I believe I owe the preservation of my life, and who more than any other man deserves the approbation and encouragement of the American people.

Dr. Trall is not known to the world, nor fully appreciated even by his friends—in truth, he does not *appreciate himself*—he knows that he is right—that he is serving the great cause of humanity and truth—and, seemingly reckless of the opinions of the world—of its emoluments, honors, and rewards—drives heroically and vigorously ahead. He is something more than a teacher, more than a mere reformer. He is a *DISCOVERER* (I had almost said inventor) of "nature's eternal truths," as affecting the laws and conditions of life and health, underlying all other movements and reforms, and upon which our moral, mental, and physical well-being so entirely depend.

When he a few years ago advanced and *proved* his theory, that "Alcohol is *always* a poison, and *never* food"—then combated, but now conceded, by the scientific world—he did a work more productive of good results than all the apostles of temperance had ever done, or ever could do, so long as they conceded a scientific falsehood, that "intoxicating drinks were good as a medicine, or when not taken to excess." So, too, when he put forth his natural and truthful exposition, that "disease is not a thing or entity foreign to the living organism," and at war with the vital powers, which attacks or seats itself upon or in some particular structure or organ to run its course to work through us, or to travel from one place to another as the old systems have it, and which should be counteracted, subdued, or destroyed, but remedial effort, an effort to rid the system of noxious matter, or to repair damages, a process of purification which should be regulated and directed, and that medicines do not act, but that the action is all on the part of the living organism, and that to cure a disease by the use of poisons is but to kill the constitution; and by his kindred teachings, wherein he has exposed their fallacies and taught the truths of nature, he overturned the whole system of medical absurdities which for two thousand years have poisoned and cursed the world—and paved the way for the march of the grand army of reformers who, discarding tobacco, drugs, and rum, are pressing forward to victory and triumph.

It is worthy of remark, that of the learned professions, the medical profession alone has permit-

ted no great or radical reformation of its abuses or early errors.

Centuries ago, the great upheaving in the religious world overturned the falsehood and exposed the errors which had fettered and well-nigh destroyed the usefulness and power of the Church for good, and brought forth the reformation of Luther, Knox, Calvin, and Wesley.

So, too, in the legal profession, time has swept away the useless forms and miserable absurdities that mystified its proceedings, and dwarfed its usefulness.

But in the medical world, no such innovations have accrued. We find the same mysterious mummary of dead languages, the same erroneous theory of disease, the same drugs, the same poisons, and the same doubt, guess-work, and uncertainty prevailing throughout the whole system at this day that existed two thousand years ago.

It has been left for Professor Trall and his co-workers to unfold to the world the true theory of life and health.

Permit me also, in connection with these remarks, to refer to the gentlemen who have now the pecuniary charge of this institution—Drs. Miller and Jones, faithful co-laborers of Professor Trall—men who illustrate by their daily practice and example the benefits and blessings of the theory they teach. It is no easy thing to bear up under the opposition, defamation, and ridicule of the world around you; and how few have the stamina to subdue *their own perverted* appetites and frown upon the numberless temptations displayed before them on every side!

All honor to such men, and may they endure faithful to the end! They have not the ordinary rewards of a life devoted to gain or pleasure to nerve them to their work. The man of the world who toils and labors in hoarding up his gold too often does so for the purpose of gratifying his appetites, his passions, or his pride.

The statesman and the orator are inspired too often by the honors of their position, the plaudits of the multitude, and the approbation of their fellows; while the soldier has all the "pomp, and pride, and circumstance of glorious war" to cheer him onward in his daring work.

But the true and genuine reformer—he who rises above the ideas and conceptions of the masses around him—and who above the plane of ignorance and error strikes boldly for the truth—has none of these stimulants, and must for the time being, at least, be satisfied with the cheering of his own conscience and the promptings of an honest heart.

After the Judge was seated, the following toast was presented by a guest:

"Our President of the day—Judge Low, senator-elect from the Ninth District, an unyielding advocate of our cause. May he wear the senatorial robe as successfully as he has the judicial ermine."

Dr. Jones, as an acquaintance and especial friend of Judge Low, was called upon to respond to the above. As he arose, the Rev. Mr. Crocker, secretary, warningly waved a bundle of toasts he held in his hand, remarking, "Dr. Jones, save part of your eloquence, for I hold in my hand over a score of toasts to yourself and lady, to which we shall expect your response." To which the Doctor laugh-

ingly replied, that "if there were as many as that, they ought to speak for themselves." Besides, it was unnecessary for him to occupy much of their time eulogizing Judge Low, for his life was his best eulogy. Anything he might say would be entirely superfluous after they had listened to the Judge's eloquent remarks, which were the outspoken sentiments of a true worker for the cause of Health Reform—one who carried his love for it into practice at home and abroad, in spite of the frowns of friends or foes, still in such a kind, persuasive, convincing manner, as to secure the respect of even those who differed from him. Dr. Jones could bear witness that in his native country, the home of Judge Low, where they had been school-boys together, he found his influence had been very great; and that as he was now on his way to our State capital, he had no doubt his influence would be sensibly felt there for the cause; and that if we, the especial friends of this great Reform, would but set ourselves earnestly at work and come forward in our strength, Judge Low would undoubtedly be able to secure us such aid as we had long needed.

The following toasts were then read by the secretary:

"Dr. Trall—who is to be more and still more fully appreciated as a teacher of truth—in the years yet to come."

"Dr. Trall—the great medical philosopher of the world!—may God's spirit still guide him."

"Dr. Trall—the greatest Health Reformer and public benefactor of the age—long may he live and promulgate these glorious doctrines until all shall know and practice them, from the least to the greatest."

"The Hygieo-Therapeutic College—a school where the true laws of life are taught, where woman can receive the same medical education and the same encouragement to practice as her brothers. May it be as richly endowed with material aid as it already is with talent, and like the stone which was cut from the mountain without hands, may the principles it inculcates fill the whole earth."

"The Students of the Hygieo-Therapeutic College. May they ever be true to the great central and fundamental principles taught by its professors."

"Hygieo Therapy—the science which will drive from the earth all medical falsities."

"Prof. Page, M.D. May she long live to make plain many thousand pages to future classes as she has to past ones. Her kindness, ability, and perseverance endear her to all who are so fortunate as to be her students."

"Dr. Lines—for strewing the 'valley of dry bones' with such pleasant flowers of instruction. May the gratitude of all his pupils, past, present, and future, render his labors as pleasant to himself as they are profitable to them."

"Dr. Miller—kindness and sympathy reign within his generous breast. May his life long be spared as a blessing to the world."

"Dr. Miller—by his great urbanity of manner, wins all hearts. He is the friend of the sick and the afflicted, giving equal attention to high and low. He must succeed."

"Dr. Miller—an honest, scientific, and practical physician, respected by all who know him—his forte does not consist in *keeping*, but in *curing*, patients."

After these and several other toasts to Dr. Miller, the secretary remarked that he hoped Dr. Miller would be able to stand up under them all, to which the Doctor gave the following response:

Mr. Chairman, Ladies and Gentlemen—You see that my shoulders are broad, and I am somewhat stout; in addition to this I have just re-

freshed the "inner man" with a bountiful supply of about as good food, I think, as man is able to find on this continent, yet I must confess that so much rich toast after *such* a dinner gives me about all I *can* well stand up under.

One thing appears very evident to my mind and that is, that the persons who prepared those toasts do not understand my capabilities, capacities, or powers as well as I myself do; if they had, they would not have quite so exalted an opinion of my real worth as they have expressed in the sentiments just read.

Whatever my value may be as a physician, one thing I know: that is, I have for a long time felt a deep interest in this subject of Health Reform. I feel an interest in it, for I have tried its virtues and know its worth, and I think it worthy the highest consideration of every person.

I know what it is to be a sick man. For ten years of my life I was as poor, as unhappy, and as miserable a dyspeptic as any of you ever saw. I have often heard other people tell over their aches, and pains, and bad feelings, which were truly almost innumerable and unbearable; and after listening to them patiently without complaint of my own, I felt I was so much worse off than they were, that I envied them their lot. After living several years in this condition, and trying thoroughly all other systems of medical practice without benefit, I at last fortunately obtained some books advocating the system taught in this College, and practiced by Dr. Trall in this institution; and by adhering closely to the instructions I there obtained, I have gradually kept on improving, until I now enjoy *about* as good health as any man you will find. Life, instead of being a burden and a curse, is a blessing and a joy. I feel of late, as George Combe says every healthy man should—"that when I go out on a clear morning with the broad blue arch above me, with my eye fixed on empty space, and my mind unoccupied, I can thank God that I am a living man." I regard this reform as the true and solid foundation, the corner-stone upon which all other reforms must be built, before they will ever rear a permanent and enduring superstructure. When they are placed upon this basis, we will soon see a monument in process of erection which future generations at least will point to as the gateway of the temple which leads to the source of all truth, health, and happiness.

I see many signs of encouragement springing up around. Many of our Hygienic ideas are being adopted by the practitioners of other schools. In the practice in Bellevue Hospital, baths of different kinds are now recommended in some cases of fevers and inflammations, and I think physicians are generally learning to rely more upon nature and less upon drugs.

Professor Hamilton, one of the brigade surgeons of the army of the Potomac, who is delivering a course of lectures on military surgery, says that water is now the only dressing used in the surgical practice of the army. He says it is the cheapest, the easiest to be had, the most conveniently applied, and the *best* dressing that can be found, and that more wounds heal by the first intention; there is much less liability to erysipelas and inflammation, and that it is now coming into general practice in the army.

I have heard Professor Elliot, of Bellevue College, recommend as thorough a course of baths for scarlet fever as I should prescribe myself. These are evidences of some little progress in the minds of the medical profession which is certainly in the right direction; and I think this improvement is the result of influences which Dr. Trall and his co-laborers have spread from this College and institution. Yet they have much to learn; they do not understand the philosophy and really little of the right practice, and there are other gigantic evils in their practice to be overthrown. I have known them to recommend the use of gin in certain forms of disease which from the history of the case and character of the disease they admitted was produced by gin.

So long as alcoholic stimulants and poisons of various kinds are prescribed for people when they are sick, with the assurance that these substances will restore them to health, just so long will they find a strong argument and just reason for the use of these substances to keep them in health. In my opinion, nine tenths of the disease, immorality, and crime which exist in the world are the direct results of wrong habits of eating and drinking; and when our lawyers, doctors, and ministers become fully aware of this fact, and adopt our platform as the basis of their efforts for reform, the day will not be far distant when all "nations shall beat their swords into ploughshares and their spears into pruning-hooks; when they shall learn war no more;" and when all sickness shall be put away from them even to a thousand generations.

Next followed some twenty or more toasts to Dr. and Mrs. Jones, of which we give the following:

"Mr. and Mrs. Frank R. Jones—singly unwavering and exemplary advocates of reform. May their nuptials be indicative of a still unfaltering devotion to the cause and prove an auspicious era in its progress. As co-laborers in this sublime mission, may their pathway be strewn with flowers of perennial freshness and unfading beauty."

"Mattie Miller Jones—the unassuming, unwavering, conscientious, and consistent Health and Dress Reformer, who for nearly two years stood alone in this great city the only practical representative of a healthful dress for woman—may she ever have the strong arm of her husband to support and sustain her in carrying out these great principles so dear to her, and may she live to reap an abundant harvest for the good seed she has sown."

"Dr. Jones and his Bride—may their united lives know that highest happiness which comes from highest usefulness."

"Dr. Jones—may he never lack good material for the staff of life, now that he has taken a *Miller* for a life-partner."

"Mrs. Dr. Jones—may she be as persevering and successful in the future in promoting the cause of Dietetic Reform by adding to the number of truly hygienic dishes as she has been in the past."

"Dr. Frank R. Jones—a real Yankee, who if he were cast away on a desolate island, would start out next morning soliciting and obtaining subscribers to the WATER-CURE JOURNAL."

[The above toast was probably suggested by the fact that Dr. Jones never lets a person pass him until he subscribes for the JOURNAL; and as evidence of his success, we may say he has obtained as many as one hundred subscribers in one week, while attending to his various duties of professor, physician, etc.—Ed.]

"Dr. Frank R. Jones—the young pathfinder of truth, who enforces by his practice what he proclaims in his teachings. May he stand by the *Union as it is*, and frown upon secession as the sum of all villainies."

"Dr. Jones and his newly wedded Mattie—like the ivy and the oak, may they mutually adorn and sustain each other through the spring-time and maturity of their years, and illustrate in the rich tints of their autumnal days the excellence of hygienic principles and the graces of the Christian life."

Dr. Jones, on being called for, said that truly the toasts had spoken for themselves, or, rather, the good wishes of his friends, and that sincerely he thanked them both for himself and Mrs. Jones. He was especially grateful for their kind wishes and sentiments of appreciation of her devotion to principle, and he would promise to aid her in the future to the extent of his ability. In reply to the sentiment expressed, that they hoped he would be as true to the cause in the future as he had been in the past, he said he thought there was little need of fear, for she who had just linked her destiny with his was one who would help him on, not keep him back. Indeed, if his labor or example was worth anything to the cause, its friends owed more to her than to himself; for she it was who first convinced him of the superiority of its teachings, and for five years had been to him a living example of the truths he now so firmly believed and tried to teach; and that as a teacher in the College, an assistant in the institution, and worker for the cause, he wished his friends to remember that so far as it lay in his power to do so, he was ever ready to lend them a helping hand.

"Mrs. Fancher—the sterling business woman and kind physician—success attend her ability."

"Health to Mrs. Dr. Fancher, who presides over her household with great industry and ability."

"Dr. Wier—patient and persevering—may he never lack kind friends and sympathizing hearts to cheer him on his journey through life."

"Our friend Hunt and his excellent cracker—may it crack its way to universal favor."

The Tomato against Calomel; the red pill *versus* the blue pill. May the red win."

"The Vegetarians of 15 Laight Street."

Benignant Fates! grant them this one behest—
Their new creed save from a severer test
Than the famed Yankee's loyalty received,
Who, that his Yankeeish might be believed,
Entered and ate his way from spot to spot
Out of a pumpkin pie large as a ten-acre lot!

"Miss Carrie E. Borden, a thorough Health and Dress Reformer—may she be supported in her future practice as she has been persevering in her life and study."

"U. T. Woodbury, the student who decidedly objects to jaw-breakers when they come in the shape of Latin names in anatomy, but who never refuses them in the shape of Graham crackers from the hand of the best cook in the world—Mrs. Dr. Jones."

"Rev. Geo. D. Crocker, army chaplain—may he be as successful in reuniting the bonds of the Union of States as he has been in uniting the destinies of our young friends."

Mr. Crocker, in response, said: The marriage of our friends was no difficult task. The evident congeniality of disposition and oneness of life-purpose made the wedding easy. It was not even a "word and a blow," but a word without the blow. After alluding to his own health and strength, which, with the Divine blessing, were greatly improved during eight years' abstinence from flesh-eating, he added: "A few words in regard to Dr. Trall's excellent brown, hard cracker, which our friend Hunt is introducing to the notice of the Government. It is, in my opinion, greatly in advance of the usual hard biscuit of the army ration, and I hope it may soon find its way to uni-

versal use and favor, both in the army and in our homes."

After which the party adjourned.

The following evening, quite a number of the students and professors of the College met, by invitation, at the home of Miss Z. J. Marian, of Brooklyn (a student of the College), to attend a social party, which passed off in the most delightful manner. No refreshments whatever were served, but interesting and instructive conversation, very fine vocal and instrumental music, interspersed with dancing, declamation, etc., completed the programme of the evening. At precisely ten o'clock the lights were extinguished, and the group was "homeward bound," thus proving that, in amusements as well as in everything else, it is possible to be governed by the dictates of reason and common sense, instead of a blind adherence to fashion.

CROUP—ITS SYMPTOMS, TREATMENT, AND PREVENTION.*

THERE is, perhaps, no other one disease, in the whole catalogue of human maladies, which parents have more to fear than the one of which I now speak.

This is one of the most violent and dangerous of all inflammations. It affects locally the mucous membrane of the trachea, extending to the bronchia on the one hand, and to the larynx and sometimes the fauces on the other.

In most fatal cases a false membrane is deposited, lining the trachea, and extending often to the bronchia and fauces. Rarely this membrane is coughed up; but when even this apparently favorable effect has been observed, the membrane has been again soon reproduced, and death the result.

Symptoms.—Croup generally comes on like a common cold. There is cough, generally slight, attended with hoarseness and sneezing, just as if the child had caught cold, and was about to suffer from a simple catarrh. In one, or two, or more days, there is superadded to this state of things a peculiar shrillness and singing of the voice, as if sound passed through a brazen trumpet. At the same time, according to Dr. Cullen, who has well described the disease, "there is sense of pain about the larynx, some difficulty of respiration, and a whizzing sound in inspiration, as if the passage of the air were obstructed. The cough which attends it is sometimes dry; and if anything be spit up, it is a matter of a purulent appearance, and sometimes with fibers, resembling portions of a membrane. Together with these symptoms there is a frequency of pulse, a restlessness and an uneasy sense of heat. When the internal fauces are viewed, they are sometimes without any appearance of inflammation; but frequently a redness and even swelling appear, and sometimes in the fauces there is an appearance of matter, like that rejected by coughing. With the symptoms now described, and particularly with great difficulty of breathing, and a sense of strangling in the fauces, the patient is sometimes suddenly cut off."

* From "Children—their Hydropathic Management in Health and Disease," by Joel Shew, M.D.; published by Fowler and Wells; price \$1.25.

Dr. Cheyne describes the coming on of this disease as follows: "In the approach of an attack of croup, which almost always takes place in the evening, probably of a day during which the child has been exposed to the weather, and often after catarrhal symptoms have existed for several days, he may be observed to be excited; in variable spirits; more ready than usual to laugh or to cry; a little flushed; occasionally coughing, the sound of the cough being rough, like that which attends the catarrhal stage of the measles. More generally, however, the patient has been some time in bed, and asleep, before the nature of the disease with which he is threatened is apparent; then, perhaps, without awaking, he gives a very unusual cough, well-known to any one who has witnessed an attack of croup. It rings as if the child coughed through a brazen trumpet; it is truly a *tussis clangosa*; it penetrates the walls and floors of the apartment, and startles the experienced mother. 'Oh, I am afraid our child is taking the croup!' She runs to the nursery, finds her child sleeping softly, and hopes she may be mistaken. But remaining to tend him, before long the ringing cough, a single cough, is repeated again and again. The patient is roused, and then a new symptom is remarked; the sound of his voice is changed; puling, and as if the throat were swelled; it corresponds with the cough; the cough is succeeded by a sonorous inspiration, not unlike the kink in whooping-cough; a crowing noise, not so shrill, but similar to the sound emitted by a chicken in the pip (which, in some parts of Scotland, is called the roup, hence probably the word croup); the breathing, hitherto inaudible and natural, now becomes audible, and a little slower than common, as if the breath were forced through a narrow tube; and this is the more remarkable as the disease advances."

The changes which indicate the different stages and degrees of danger in this disease may be stated as follows:

1. There is a ringing, croupy cough, to which many children are liable upon taking cold, more particularly those who have had an attack of the croup, attended with little or no change in the breathing or sound of the voice. This first is a state which is rather a forerunner of a severe attack of croup. It is often without danger. It points out to us the children who are most liable to croup.

2 The unusual, shrill, croupy cough, with difficult breathing, the necessary supply of air being with difficulty inspired, from the obstruction of the passage. The voice is altered, broken, both hoarse and puling. The difficult breathing in croup has been compared to the sound of air passing through thick muslin. "It rather appears," says Dr. Cheyne, "like the sound of a piston forced up a dry pump." It varies considerably, however, for it is either like the sound to which it has just been compared, dry and hissing, audible in different degrees, or, when the swelling and spasm of the larynx are greater, it is crowing, and sometimes creaking and suffocative. Under this extremity of difficult breathing, children are said sometimes to perish. In this stage, when, with the croupy cough, the breathing becomes difficult, a serious attack has commenced, and the child is in danger. In this state the skin is warm,

the tongue is white, the pulse full and quick, and the countenance much flushed. The usual mucus secretion is interrupted, the patient, if not an infant, is timid and apprehensive, and the eyes are heavy, watery, and blood-shot. The degree of danger is now to be estimated by the breathing.

3. The cough and voices are stridulous; the respiration is difficult, laborious, creaking, sometimes suffocative, varying in the degree of difficulty and laboriousness. This state denotes what is termed the second stage of croup, or that of effusion, which has by many been considered hopeless. In it the face is still flushed, but with marks of defective circulation. The lungs no longer purify the blood. There is a purple redness of the cheeks, eyes, and nails. The complexion is often mottled, or the flush on the cheek is circumscribed. The pulse is smaller and very quick; the urine has a sediment in it; the eyes are prominent and blood-shot.

4. The voice is whispering and low; the cough less frequent, and not so audible as before. There is the act of coughing, without the sound. The respiration becomes more difficult and hurried.

This is the last stage. It is called morbid, because the trachea is lined with the effusion, or false membrane; the face is leaden, and the eye dull and filmy. The extremities are cold, and perhaps swelled. The muscular power is exhausted, and the child nearly insensible. In this state death may take place at any moment.

Termination.—More commonly croup lasts two, or three, or four days only. In some rare instances the patient lives seven or eight days, or even longer. It is possible for it to terminate in death in twenty-four hours. In favorable cases, the cough becomes, by degrees, less frequent and severe, and at the same time more loose; the breathing becomes more easy, and the pulse less. In many cases, too, there will appear betimes a very considerable amendment in all the symptoms, so much so that the parents, and perhaps the physician himself, is led to regard the patient as out of danger. Soon, however, the most fearful aggravation takes place—death soon closing the scene. We can not account the patient safe until he has passed, at least, one night without a return of unfavorable symptoms.

Age most Liable.—This disease does not often, though sometimes, occur during the first year of life. It happens probably most frequently during the second year. The third year is, also, one in which a good deal is to be apprehended from it. From the second year to the age of puberty constitutes the period at which there is most liability to it. It may, however, occur at any age. I have myself treated not less than three marked cases of this kind, all of which were cured, though very severe attacks. I am not able to say whether croup is more dangerous in children or adults; but I am led to believe that a grown person has a better chance of recovery, from the fact that he is much less liable to it.

If, then, according to the above description, the symptoms and progress of this most formidable disease come on in a manner generally so obscure and stealthy that even an experienced person may fail to detect them, how careful should every one, and especially every parent, be in learning, as well as he possibly may, how to detect the very

beginnings of this fearful malady! How careful, too, should he be in studying ever diligently those laws of health by the observance of which this disease may, with almost inevitable certainty, be prevented! That an ounce of prevention is better than a pound of cure, is nowhere in the wide world more true than in regard to this disease. How much easier and better it is, by constant care and diligence, to prevent an attack of croup, than it is to have to send after a physician in the dead of night, and to run up a heavy bill, which you are, perhaps, poorly able to pay, not to speak of all the pain and agony which your child must be brought to endure, and probably to be lost in the end by suffocation, one of the most horrible deaths that can be conceived of? I repeat, when all these considerations are taken into the account, every parent and every philanthropist must be convinced of the great importance of learning and carrying out in practice all things possible in regard to the preservation of the health of the young and innocent beings which the Almighty has committed to their care.

But it may be inquired by the anxious parent, "How are we to know an attack of croup, its first symptoms, and what are we to do, if, in spite of all our care and watchfulness, our children yet become the subjects of an attack?" In answer to this question, I remark, first, do not become frightened at every little attack of cold or cough which the child may experience; and yet there is little danger of being too careful. Suppose you should be deprived of a night's rest, or that you should send for a doctor unnecessarily now and then; suppose, even, that you should do this a hundred times, how much better would it be than for you once to doze away your time carelessly, and then awake finding your child in the very jaws of death! Ask the physician who has been obliged to watch the progress of this dreadful malady, in a neglected case, or the anxious mother who, in pain, and suffering, and tears, has reared her child to the age of two, or three, or more years, and then, through carelessness, has been obliged, day after day, to watch the coming on of a most fearful death; ask these, I say, if it is not a thousand times better to sit up all night, or to send for the physician, than to err on the other side—to let the disease go on to a fatal stage, before anything is done to arrest it in its progress of death?

In regard to the second part of the query, a good deal is to be said. In principle it is a very easy thing to treat croup; but the details of practice are not so easily understood. That croup is a highly inflammatory disease, let it always be remembered. It is, as before remarked, one of the most rapid and dangerous of all inflammations, an inflammation which, if not soon arrested, is very liable to end in death.

Treatment.—Croup being, as I have remarked, one of the most violent and dangerous of all inflammations, a proper knowledge of the best method of treating it is a matter of the greatest importance to all who are in any way interested in the management of the young. How awful would it be for a parent to know that he had lost his child—an only one, perhaps, the very pride of his life—for the want of a little knowledge, such as any person of good common understanding might

easily possess! A parent goes to rest at night, when the child has been uncommonly playful during the evening. In the night he is attacked with this most dreadful malady, and before the sun shines in the morning, oftentimes he is past all hope. That such an occurrence not unfrequently takes place, every well-informed physician sadly knows. Shall not, then, those who are parents—those whose privilege it is to be in that most interesting of all social relations—take heed to my humble admonitions for their good? I know it may be said, that it is only the physician's business to be acquainted with disease. But does it not often happen that the physician can not possibly be obtained before an attack has done its fatal work? And is there danger of any one learning too much on so important a subject as that of disease?

Croup, then, being one of the most rapid and severe of all inflammatory diseases, the treatment, it will be inferred, must be prompt and decided, in proportion to the exigencies of the case. As in all severe inflammations, it must be such as is sufficiently powerful to pervade and affect the whole system. I know it is generally true that the people, and too often the physician, directs attention for the most part only to the local means. But this will not suffice. The disease, although local to a certain extent, affects powerfully the whole organic domain. Besides, we can always affect a local part most through general means.

As to the best guide in the treatment, we should look well to the pyrexia or general feverishness of the body. If we keep this well subdued from the first, I do not see how it is possible for a child to die of this disease. A high degree of inflammation must prevail, and that for a considerable time, before the fatal effusion in the throat can take place. If, then, we subdue the inflammation sufficiently early, and keep it subdued, we must necessarily be successful in the cure.

"But how are we to know this state of feverishness in the system?" it is asked.

I answer, every parent should know all about the pulse of children. They should know what it is in sickness, and what in health. Then they have an unerring guide by which to ascertain the existence and extent of an inflammatory action.

The heat, too, as well as the pulse, is to be taken into the account. Any one of common observation can tell by the feeling if a child is becoming too hot. Mothers, especially, are adroit at this; they know right well, most of them, if the child is becoming too warm. They notice, too, much more than we fathers are apt to do, any little disturbance in breathing or the sleep. "My child is sick; it does not sleep well, and is feverish," we often hear them exclaim.

The "croupy" cough, which is generally pretty well understood, also serves, to a considerable extent, as a guide. If a child coughs badly, we may know it is sick, and should be forthwith attended to, whether in the night or the day. Suppose it is not the cough of the croup; it is yet an unnatural thing, the sooner to be prevented the better. If we wash and rub the chest with the hand wet in cold water, and put upon it a wet bandage—methods that are always salutary for a cough—we do good, although the attack may not prove to be one of croup. So, too, if the child is feverish;

it is better to prevent that fever, although it should prove to have no relation whatever to this disease.

In a violent attack of croup we could hardly do too much until it is subdued. Sometimes it may be necessary to bathe the child every hour, or even oftener. At all events, we should give baths enough, change the bandages often enough, and wash and rub the chest sufficiently to keep the breathing good and the croup in check. There is no need of chilling the body too much, particularly the feet. The child may be held in such a position over a tub, that in pouring water upon it the feet are not at all exposed. If it be in the night, the water very cold, and the child becomes a good deal chilled, it may, after putting wet bandages about its throat and chest, be placed between two persons warmly in bed. But in these circumstances care must be taken lest the child be smothered and made too hot. In that case, the breathing would very soon indicate the mischief going on.

Tepid and cold affusion—tepid if the child is weak, but cold if the contrary—with wet hand friction upon the throat and chest, with the constant use of wet bandages upon these parts, constitute the sum and substance of the best of all known methods of treating this disease. Tepid injections to the bowels are also useful, and the means are to be followed up as many hours or days as there may be a need. Nor should the treatment be left off too soon; for it should be ever remembered, that always after an attack of croup the child is more than before liable to it. Both in reverence to the prevention, as well as the cure, this fact can not be too well remembered.

This treatment, I repeat, constitutes the best of all known methods for curing croup. I do not know, in the whole range of medical experience, anything which is more calculated to make a man thankful, than to be possessed of a knowledge of so good a remedy as cold water in this disease. When one's child is suffocating, just ready to die for the want of breath, if a suitable cold affusion is administered, I do not know what can make him more thankful than the most sudden and wonderful relief obtained. Nor do I know of anything in the whole range of the medical profession more calculated to inspire us with feelings of reverence toward the Giver of all good.

Before closing the subject of the treatment of this disease, I will make a quotation from high authority, showing the good effects of the cold water treatment in this disease; a quotation which shows, by the way, that there are at least some in the profession who are ready to adopt any measure, so that it promises to be a means of benefit. Dr. Good, in his "Study of Medicine," gives an account of Dr. Harden, of St. Petersburg, after every other remedy had failed, of venturing upon cold affusions in this disease. He first tried it, in a fit of despair, upon a child of his own, eighteen months old. The child was placed in a bathing-tub, with its belly on a cushion of hay; and a pail of water, at 12° Reaumur (59° Fahr.), was then poured quickly from the head along the spine. The symptoms, after the first affusion, soon diminished; the operation was repeated at intervals ten times, and the child recovered. Dr. Harden afterward employed the affusion with like success in the first stages of the

disease. Dr. Miller, also, another physician of St. Petersburg, was, according to Dr. Good, still later, as fortunate as himself in the use of the remedy.

Prevention.—I have reserved this most important part of the subject for the last, so as to make, if possible, a stronger impression upon the mind of the reader; and I remark, it is more easy, as well as incomparably better, to prevent croup than it is to cure it, even by the best treatment. But prevention is a work in which the physician gets generally very little credit. Who would think of ever paying a physician for instructing people how to prevent disease? And yet his time is as valuable to him as that of others is to them. He, as well as others, must make his time money; and if it be his unpleasant calling to be obliged to earn his living from the misfortunes of mankind, he must be paid for his time notwithstanding; and paying him for teaching you in the methods of prevention is incomparably better than to be obliged to employ him to cure.

I remark, then, in regard to the prevention of croup, that daily cold bathing holds a most important place. When I say *cold bathing*, I mean in a general sense. I have elsewhere remarked, that a cold bath is not necessarily a *very* cold one; in other words, that *tepid* bathing is in effect *cold*, cooling and tonic to the system; so that we are not under the necessity of using the coldest water, or in any way of doing violence to the system, when we wish to administer cold bathing to the child. I have studied and observed these things now for a considerable number of years, and I have become more and more convinced that children are often subjected to water of a temperature too cold. I do not believe it necessary ever to use water for a young child lower than 60° Fahr.; and I am of the opinion that water, at from 70° to 80° is much preferable to any other for general use. I know I have, over and again, in the winter time even, subdued some of the most violent of inflammatory diseases, using no water at all externally lower than 80° Fahr. And certainly if we can cure a disease by the use of so mild a means, we ought not to resort to a stronger. Always the milder the means, provided it be adequate to the object, the better the result. In regard to daily bathing, then, as well as in cases of disease, I would use the water for a child of my own at from 70° to 80°, somewhat cooler in winter than in summer, but at no time ordinarily lower than 70°. Not, indeed, that it is necessarily dangerous to plunge a child into the coldest water, for we know that this is often done. They bear it, many of them, but some have been killed by the practice. I would bathe the child always in the morning on rising; and so long as children are liable to become soiled in any way by the natural discharges, or to become dirtied by playing or crawling about upon the floor or ground, it is absolutely necessary to wash them more than once a day. Morning and evening will often be sufficient; but a shallow bath, at 70° or 80°, could hardly be harmful at any time. At all events, the strictest cleanliness should at all times be observed. Let a child roll in the dirt, or play upon the floor, at all proper times; but he should not, on any account, be allowed to pass the night without a thorough ablution being performed.

There is one method of treatment which is eminently calculated to ward off attacks of croup, as well as all other affections of the throat and chest. This is by frequent friction with the hand wet in cold water—and we care not how cold for this application—upon the throat and chest. This practice is found to be eminently successful in strengthening the throat and lungs, and in warding off colds. It can not, indeed, be too highly prized.

THE TURKISH BATH.

A MAN can no more be clean by impulse than he can be learned; no more understand cleanliness by his will than solve an equation; yet we hear people talk of cleanliness as they would of charity or sobriety. Cleanliness has the characters of virtue and of vice—being at once beneficial and seductive. It is a science and an art, for it has an order which has to be taught and a dexterity to be acquired. It has prejudices and superstitions—abhorring what is not like itself, and clinging to its practices in fear of sin. It has its mysteries and its instincts—regarding not the eye or favor of man, and following the bent of its nature without troubling itself with reasons for what it does. It has its charities and its franchises; the poorest being within reach of its aid, the richest not above its rights.*

The stoic held it to be essential to virtue, the epicurean to vice,† the patriot to happiness.‡ To corrupt Greece and Rome it furnished a gratification that was innocent; to the austere Saracen an observance that was seductive. That which the most polished have prized as the chief profit of art, the most savage have inherited as the luxury of nature.

To become possessed of this cheap solace for the cares of life, this harmless medicine for the infirmities of man, which strengthens the frame while it increases its sensibilities, and while it prolongs life, increases its value—no sacrifice has to be made. Nothing has to be given up in exchange; it is pure gain to have, sheer loss to want. Like the light of heaven, those only walk not in it who are blind. Where not practiced, it is not inducements that are wanting, but knowledge: "they don't know how."§

* A bronze statue of a bather, by Lysippus, was removed by Tiberius from the baths of Agrippa to his own palace, and placed in his bedroom. The Roman people "infested the emperor with reproaches and hootings whenever he appeared in public, until their Apozymenos was restored to them.—P. LXX, *Nat. Hist.* b. xxxiv. c. 35. This statue was discovered at Rome about the same time that this work appeared. It then proved a great puzzle to antiquarians.

† *Balnea, vina, Venus consumunt corpora nostra. Sed faciunt vitam*—*balnea, vina, Venus*.—MARTIAL.

‡ *Nisi ad illam vitam quæ cum virtute deatur ampulla aut strigiles acciperit*—CICERO, *De fin.* l. iv. sec. 12.

§ Returning on one occasion to Europe by Belgrade, I brought some Turks by the steamer up to Vienna, to show them a little of Europe. After a night on board, my *levee* proved an awkward business. In a Turkish household all the servants attend their master while he dresses. That is the time to prefer petitions and make complaints. Every one is there, and may say what he likes. On the morning in question, they were as mute as statues; knowing the cause, I dared not look at them. They had seen the Europeans *wash*. Silence being at length broken, they began to narrate what they had seen. Among other jottings for a book of travels, they would have mentioned that a *priest* had taken water in his mouth, and then sobbered it over his face. I told them that these were not my countrymen, and asked them if they had not seen the two English officers wash (I had observed from the single cabin on deck, which the captain had given up to me, canteen dishes, soap, towels, etc., going down for them); after a pause, one of my Turks said, "The unfortunates! they wish to be clean, but don't know how!"

The body is a fountain of impurities; that of the beast is far less subject to them.* Man, moreover, by mal-practices, which he terms an artificial mode of life, multiplies his frailties. By casing his body in closely-fitting clothes—integuments rather than covering—he has shut out the purifying elements. Without the means of cleanliness of the brute, he is also without the guidance of its instinct; what, then, if, in the culture of his body, he should lose the light of reason? If reason, and not instinct, be his portion, it is because he is endowed with a mechanism, to keep which in order instinct would not suffice. What if that mechanism receive at his hands not such care as would be bestowed upon it if it belonged to the beast of the field or the bird of the air!

What filth is to the body, error is to the mind; and therefore, if we are to use our reason in regard to the former, we must have a standard of cleanliness as well as of truth; such a rule we can owe neither to freak nor fashion. We must look for one tested by long experience, and fixed from ancient days—this standard is the BATH. This is no ideal one; it is at once theory and performance; he who has gone through it knows what it is to be clean, because he is cleansed. I shall use, as synonymous words, "cleanliness" and "the bath."

I must beg the reader to dismiss from his mind every idea connected with that word: unless I thought he would, and could do so, I should persist in speaking of *therme*, *balneum*, or *hamâm*; but I trust I may venture to naturalize, in its true sense, the word, in our tongue, as a step to naturalize the thing in our habits.

A people who know neither Homer nor Horace have preserved this great monument of antiquity on the soil of Europe, and present to us, who teach our children only Latin and Greek, this institution in all its Latin grandeur and Ionic taste. The bath, when first seen by the Turks, was a practice of their enemies, religious and political; they were themselves the filthiest of mortals; they had even instituted filth by laws, and consecrated it by maxims†. Yet no sooner did they see the bath than they adopted it—made it a rule of their society, a necessary adjunct to every settlement—and princes and sultans endowed such institutions for the honor of their reign‡.

In adopting it, they purified it from immorality and excess, and, carrying the art of cleanliness to the highest perfection, have made themselves thereby the most sober-minded and contented among the nations of the earth. This arose from no native disposition toward cleanliness, but from the simplicity of their character and the poverty of their tongue.§ They had no fallacious term into which to convert it, and no preconceived ideas by which to explain it. Knowing they were dirty, they became clean; having common sense, they did not rush on a new device, or set up either a "water-cure" or a joint stock washing company, but carefully considered and prudently adopted what the experience of former ages presented to their hands.

[TO BE CONTINUED.]

* Under the Jewish dispensation the body of man was held unclean, but not that of beasts. The observance of the ceremonial law were directed to awaken our sensibilities to expel the impurities attendant on every function.

† In the *First* of Chengis Khan, washing of the clothes was forbidden, and of the hands or person in running water; he denied that anything was unclean.

‡ Pliny, writing on Trajan the repairing of the bath of Brusa, says, "The dignity of the city and the splendor of your reign require it."—l. x. c. 2.

§ The Turkish is the poorest language in vocabularies—the most powerful in construction. The verb not rules only, but sustains the sentence; it is dramatic philology.

LETTERS FROM THE PEOPLE.

From Olmsted County, Minn.—Messrs. Fowler and Wells: I have lately become acquainted with your JOURNALS, and so far as I have learned the principles of Phrenology and the laws that govern life and health from them and the "Self-Instructor" in Phrenology and Physiology, which you forwarded to me (and which I consider well worthy a place in every household) I fully approve of them, and believe that all classes of society would be benefited by a thorough knowledge of them; that by their practice many of the present evils of society would be eradicated, and the sufferings of humanity consequently much less. Therefore, "I'm with you" for Reform, and the establishing of reason and knowledge in place of ignorance and prejudice. I have passed the JOURNALS received around among the people, and have succeeded in getting a list of subscribers. I find the young people are more easily interested in these matters than persons settled in life. Our country is thinly settled as yet, the persons whose names I send you being scattered over a distance of seven miles. Please send us the January number for the first.

From Des Moines, Iowa.—Messrs. Fowler and Wells: I have been a reader of your JOURNAL for only one year, and I don't think I could have spent one dollar in a better cure. I feel that I have been greatly benefited by its teachings. Thinking that your JOURNAL is one of the best publications in the United States, I have taken the pains to get up a club of both, not that I expect to get the first premium, nor the second, but because I think their teachings are such that will benefit their readers, and should be circulated largely. I send thirty names with my subscription.

Dr. J. W.

From Deerfield, N. J.—Inclosed you will find the amount of one dollar, for which please continue to send the WATER-CURE JOURNAL. I have found, by a perusal of only one year, that it would be almost impossible for me to do without this journal of Health, for it is the only Health guide in existence. It is the very "balm for the wounded." It is to the WATER-CURE JOURNAL that I owe my greatest respects for the light it has given me on the evil effects of drugs, and the good results of water, exercise, &c. In a word, I would advise those who want a journal relating to health and happiness to subscribe at once for the WATER-CURE JOURNAL.

From Fairbury, Ill.—Messrs. Fowler and Wells: I have succeeded in getting up a club of eleven for your WATER-CURE JOURNAL and PHRENOLOGICAL JOURNAL in this place, where none was taken last year only nine. It is now four years since I accidentally picked up a work on Water-Cure. My husband and myself had but very poor health. After reading the work alluded to, I abstained from eating flesh and drinking tea or coffee, and from all kinds of drugs, since which time I have enjoyed almost uninterrupted good health. My husband, seeing the advantages I derived from it, was induced to try it also. He found as much benefit from it as I did, since which time we have had no use for either tea, coffee, flesh, or doctors, and don't think we will have right away.

A friend in Massachusetts sends us a full club, and says "there are still a few alive to their own interests, who know how to appreciate these old familiar faces, the harbingers of health and self-culture."

From Hudson, Mich.—The very reason why people ought to take the JOURNAL this year—namely, the stringency of the times—some give as a reason for declining. I have been a subscriber for it two years, and know that it has been a saving to me of fifty dollars at least, and perhaps double that.

From West Enfield, N. H.—Inclosed I send one dollar to renew my subscription to the WATER-CURE JOURNAL. I have taken the JOURNAL for three years, and to make a long story short, I like it very much; it suits me to a T. I have lived according to its teachings, as near as I could under the circumstances, and it has worked like a charm.

Yours truly,

M. C. P.

From Peru, Vt.—Editors WATER-CURE JOURNAL: Notwithstanding it takes almost my last penny, I must have your JOURNAL. Other duties have prevented my sending the money until now, but I trust that, as I've

so often told you I was a *Life subscriber*, you will send me the January number, even though you may not receive the subscription before the New Year begins. Though the people here are so conservative in matters pertaining to Health, and so love to feel the money in their pockets that they don't think it worth while to subscribe for the JOURNAL, yet it is silently doing its work. Several persons who, when I came here, five years ago, *chewed pork* abundantly, now *eschew it*; take packs and enemas in place of pills and powders, and are, unbeknown to themselves, progressing. 'Twas hard, I assure you, to stand up and battle *alone* for the right, and that against the long-established prejudices of all the people here. But an effect has been produced. I see it in many families; and I earnestly hope and pray for the good time coming, when all shall see the beauty and simplicity of a true life.

Fond du Lac County, Wis.—A voluntary agent sends us a club from this county, and says: "I will send additional subscribers whenever I can. The pleasure of spreading such valuable knowledge as is contained in your JOURNALS is pay enough for my trouble. I intend to do what I can in the future to help their circulation."

Such a man in every county would in three years' time lessen the receipts of the drug-doctors one half, and confer an inestimable blessing on the community.

DIETETIC REFORM ASSOCIATION.

THE second meeting of the New York Dietetic Reform Association was well attended on Monday evening, Dec. 16th. The proceedings of the previous meeting were read and confirmed. An able address was delivered by Wm. M. Zearing, Esq., of Illinois, a more extended notice of which, with various other speeches, interesting letters, etc., will be published at another time.

The following Constitution and By-Laws were adopted:

CONSTITUTION.

ART. 1st. This society shall be called the New York Dietetic Reform Association.

ART. 2d. The object of this Association shall be the discussion of problems, and the dissemination of dietetic truths and facts to the world; and also to constitute a nucleus around and through which the Reform ideas on dietetics of the whole country may concentrate and find expression.

ART. 3d. The officers of this Association shall be a President, Vice-Presidents, Secretary, and Treasurer; and their duties shall be those common to all deliberative and parliamentary bodies in this country.

ART. 4th. All persons of good moral character, who are earnestly seeking after and resolutely trying to live "*the better way*," may become members of this Association by signing the Constitution or expressing a desire to do so by letter.

ART. 5th. Amendments to this Constitution may be made by being proposed at a previous meeting, and a vote of two thirds of the members present in favor of it.

BY-LAWS.

ART. 1st. This Association shall have regular monthly meetings and one annual meeting.

SEC. 1st. The place of meeting shall be the Lecture Room of the Hygienic Institute, No. 15 Laight Street, New York.

SEC. 2d. The time and place of the annual meeting may be made to suit the necessities and convenience of the Association, provided that it be proposed a month previous to the action of the Association, and published in the WATER-CURE JOURNAL at least two months prior to the time of the annual meeting.

ART. 2d. Expulsions from this Association may be made for disorderly or ungentlemanly conduct or correspondence, provided that a motion to expel be made at a previous meeting, and the action of a two-thirds vote of the members present.

A large number became members of the Association. A subscription list, to raise funds to pay for the publishing of tracts, circulars, etc., on the

subject, which was not offered till a majority had left the room, received some twenty names, with amounts varying from one to five dollars. Many friends at a distance have signified a desire to help on the cause. The society propose to raise a fund to pay for the publication of various matters of importance connected with the subject for gratuitous circulation, each person to receive in publications, at cost, the amount he subscribes. The plan will be further explained in the WATER-CURE JOURNAL for March, 1862.

The meeting was a very spirited and interesting one, satisfactory to all present; and the various responses from distant friends give every encouragement for the continuation of the work, which will be done to the extent of the ability of the Association. All in any way interested are invited to examine "Our Plan" in the WATER-CURE JOURNAL for January, 1862, and to aid in every way possible in making it practical and beneficial.

The meeting adjourned at 10 P.M. (not for the want of interesting subject-matter, but for want of time), to meet again on Monday evening, Jan. 13th, 1862, and on the first Monday evening of each subsequent month.

R. T. TRALL, M.D., President.

FRANK R. JONES, M.D., Secretary.

Miscellany.

FLOWERS.

THE Committee of the Essex County (Mass.) Agricultural Society have something sensible to say upon the subject of farmers cultivating flowers. They do not think growing flowers should be left entirely to the women. Although, says the report, woman shines in every work of benevolence, man honors himself in the giving of alms as much as she. Woman is lovely in connection with the education of the young; is not man equally well employed in the same field?

"But," he says, "flowers look charmingly, but have no usefulness; they do no good that I know of." Suppose it is so; how much good does the carmine de, that you love to see mantling your red Astracans as well as any one? Is the Baldwin better for its ruby coat, or the Maiden-Blush for the glow that has borrowed it a name from the loveliest of all things? Is the Bartlett more luscious for its gold, or the tomato for its fine crimson? But the plainest farmer loves all these better for their beautiful hues, and he knows it, and can not help it, and still those hues have no more of utility about them than the tint or quilling of an aster. There is just as fine a vein of enjoyment in the farmer's nature as in any man's; nay, he, of all men, is the one to have enjoyment—a full, deep, overflowing cup of it, for his physical system is aptest to be turned to the true natural harmony, vigorous and strong, and beauty ought to rise on his vision, not in pale, diluted colors, but glorious and warm as a haymaker's sunshine.

The growing of lovely and perfectly formed flowers is as much in harmony with nature as any of the operations of culture. Man is a worker of changes in everything; he has, so to express it, made the apple, peach, and pear; he has made the potato and the dozen of roots that we think so

much of; and shall we call him any more a fool because he has doubled the rose and chrysanthemum to make them feed more vigorously the hungry life within? Surely not. Let the farmer cultivate flowers; let him raise the very best he can, and show them for his own credit, and to excite a generous competition in the hearts of his brethren. They will be like a red cheek on the sunny side of his own mellow harvest; like the bloom on the features of his own home-fed daughters, which enhances and testifies their worth, though it may not cause it. In their mute eloquence, they shall speak to him of a life higher than the mere flitting present; for his full barn and bin only suggest the idea of ever-returning hunger; but these can minister to a want that bread can not satisfy, hinting still at the painless experience of an immortal rest, from which they seem, like lovely premonitors, always murmuring in the ear of him who notes them—

"O pray believe that angels from those blue dominions
Brought us in their white laps down 'twixt their purple
pinions."

AULD LANG SYNE.

[Notwithstanding the fact that there are probably more persons that can repeat the first verse of this old song than of any other, it is seldom you meet with one who remembers, if he ever knew, the second; and but a small proportion of this latter class have a clear understanding of the Scotch words and phrases contained in it. That Burns was the author of "Auld Lang Syne" is, we believe, universally admitted, notwithstanding his seeming denial of it in some of his letters.]

Should auld¹ acquaintance be forgot,
And never brought to min'²?
Should auld acquaintance be forgot,
And days o'³ auld lang⁴ syne?⁵
For auld lang syne, my dear,
For auld lang syne;
We'll tak⁶ a cup o' kindness yet,
For auld lang syne.

We twa⁷ hae⁸ run about the braes,⁹
And pu'¹⁰ the gowans¹¹ fine;
But we've wander'd mony¹² a weary foot
Sin'¹³ auld lang syne.
For auld lang syne, etc.

We twa hae paddl'¹⁴ i' the burn,¹⁵
Frae mornin' sun till dine;¹⁶
But seas between us braid¹⁷ hae roared,
Sin' auld lang syne.
For auld lang syne, etc.

And here's a hand, my trusty fiere,¹⁸
And gie's¹⁹ a hand o' thine;
And we'll tak a right guid²⁰ willie-waught,²¹
For auld lang syne.
For auld lang syne, etc.

And surely ye'll be your pint-stoup,²²
And surely I'll be mine;
And we'll tak a cup o' kindness yet,
For auld lang syne.
For auld lang syne, etc.

GLOSSARY.—¹ Auld—old. ² Min'—mind, remembrance. ³ O'—of. ⁴ Lang—long. ⁵ Syne—since, ago, then. ⁶ Tak—take. ⁷ Twa—two. ⁸ Hae—have. ⁹ Braes—hill slopes, declivities. ¹⁰ Pu'—pulled. ¹¹ Gowan—flower of the daisy, dandelion, hawkweed, etc. ¹² Mony—many. ¹³ Sin'—since. ¹⁴ Paddl'—walked with difficulty, as in walking in water. ¹⁵ Burn—small stream or rivulet. ¹⁶ Dine—dinner-time. ¹⁷ Braid—broad. ¹⁸ Fiore—brother, friend. ¹⁹ Gie's—give us. ²⁰ Guid—good. ²¹ Willie-waught—a full cup, a bumper. ²² Pint-stoup—two-quart cup or measure. The meaning in the verse is, that you pay for your cup of beer, and I will pay for mine, and we will take a friendly drink together.

SIR JOHN HERSCHELL gives the following "illustration calculated to convey a general impression of the relative magnitudes and distances of our system." "Choose any well-leveled field; on it place a globe, two feet in diameter—this will represent the Sun; Mercury will be represented by a grain of mustard seed, on the circumference of a circle eighty-two feet distant from the Sun; Venus a pea, one hundred and forty-two feet; the Earth also a pea, two hundred and fifteen feet; Mars, a rather large pin's head, three hundred and twenty-seven feet; Juno, Ceres, Vesta, and Pallas, grains of sand, in distances from five hundred to six hundred feet; Jupiter, a moderate-sized orange nearly a quarter of a mile away; Saturn, a small orange distant two fifths of a mile; Uranus, a full-sized cherry or small plum, more than three-quarters of a mile; and Neptune, a good sized plum, about one mile and a quarter from the center. To imitate the motions of the planets in the above orbits, Mercury must describe its own diameter in 41 seconds; Venus, in 4 minutes 14 seconds; the Earth, in 7 minutes; Mars, in 4 minutes 48 seconds; Jupiter, 2 hours 56 minutes; Saturn, in 3 hours, 13 minutes; Uranus, in 2 hours 16 minutes; and Neptune in 3 hours, 30 minutes."—*Astronomy Art.*

THE DUTCHMAN'S BARGAIN.—A Dutchman let his lands to an oil company last spring, on condition of receiving one eighth of the oil procured. The well proved to be a pretty good one, and the farmer began to think that the oil men should give him a better chance, and ventured to tell them so. They asked him what he wanted. He said they ought to give him one twelfth. The agreement was finally made, with the understanding that the Dutchman was not to tell any one. All went smooth until the next division day came, when our friend was early at hand to see how much better he would be off under the new bargain. Eleven barrels were rolled to one side for the oil men and one for him. This did not suit him. "How's dish?" says he. "I think I was to get more as before. By jinks, you make mistake!" The matter was explained to him, that he formerly got one barrel of every eight, but it was his own proposition to only take one of every twelve. This revelation took him aback. He scratched his head, looked cross, and relieved his swelling breast of feelings of self-reproach by indignantly remarking, "Well, by dunder, dat ish de first time as ever I know'd eight was more as twelve!"

NAMES OF TEAS AND THEIR SIGNIFICATIONS.—In Taylor's "Travels in China," the significations of some of the names by which the different brands of teas are known are given, which are as follows—making due allowance for the changes and corruption they undergo in form and sound in being Anglicised: "Hyson" means before the rains, or "flourishing Spring"—that is, early in the spring—hence it is often called "Young Hyson." "Hyson Skin" is composed of the refuse of other kinds, the native terms for which mean "tea skins." Refuse of a still coarser description, containing many stems, is called "teabones." "Bohea" is the name of the hills in the region where it is collected. "Pekoe," or "Pecoo," means "white hairs," the down on the tender leaves. "Pouchon," "folded plant." "Souchong," "small plant." "Twanky" is the name of a small stream in the province where it is bought. "Congo" is from a term signifying "labor," from the care required in its preparation.

Advertisements.

ADVERTISEMENTS intended for this JOURNAL, to secure insertion, should be sent to the Publishers on or before the 10th of the month previous to the one in which they are to appear. Announcements for the next number should be sent in at once.

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Letters.

VALLEY FARM, CHESTER, N. H., Dec. 27, 1861.

MY DEAR MRS. AUSTIN—I noticed a request from you in the *Lives of Life* to those who have been patients at Our Home to "speak." I have been thinking for a long time that I would write. My health has not been so good for a number of years as it is now. When I compare it with what it was before I went to Danville, I feel that I have great cause for gratitude. Then I used to feel so tired and sick, that life was a burden to me; it seemed as though my vitality was all used up. But now it is a pleasure to live and a pleasure to work.

I never shall cease to prize the great benefits I received while with you.

LYDIA E. LARKIN.

JANUARY 6th, 1862.

F. WILSON HURD, M.D.—Eight months ago I came to Our Home, in what were supposed to be incurable conditions, induced to come here through the agency of the Rev. J. V. Himes, of Boston. I was a poor, miserable, sick, suffering, almost helpless creature.

When I think what I was when I came to you, and then consider what I now am, I can not express half my gratitude to you and my love to my heavenly Father for permitting me to visit Our Home. I feel like a new being.

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MRS. LIZZIE P. BERRY.

GUY'S MILLS, PA., Oct. 6th, 1861.

DR. JACKSON—I have just been reviewing your lecture in the January number of the *Lives of Life*. It encouraged me so much that I thought I must write you. I feel I have great reason to bless God that ever a number of your Health Journal fell into our hands, for through its instrumentality my wife was induced to visit your Institution last February; and though her stay with you was quite limited, yet she was so much improved while with you, and has continued to improve so much under the lessons she learned while at Our Home, as to justify me today in saying that she enjoys better health than she has for many years previous.

God grant that you and your co-laborers may be sustained in the great work to which you have addressed yourselves.

A. J. HASKS.

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A lady writes from Michigan: "I believe the LAWS OF LIFE is to do a great work. I expect to begin my travels in about two weeks, and I shall try to introduce your Journal as far as possible. My father, over 71 years old, says he has received great benefit from the two sample numbers which I sent him."

From a clergyman in Michigan: "I owe it to your principles and the teachings of the LAWS OF LIFE, under God, that I am out of the grave."

A gentleman in Massachusetts writes: "I have, after considerable exertion, seven or eight new subscribers, and I think I can make it up to ten or twelve before January. I do it from a pure good will—a real missionary spirit—for truly I think the LAWS OF LIFE just the thing."

A lady in Massachusetts, when renewing her subscription, says: "I am much interested in the paper, and can not give it up, notwithstanding the 'hard times.'"

From a lady in Wisconsin: "I could not be induced to part with the information I have received from the LAWS OF LIFE upon any consideration. I think Dr. Jackson's lectures on the training and education of children are beyond price."

From a gentleman in Iowa: "Myself and family have been readers of the LAWS OF LIFE for six months, and I must confess that we appreciate it beyond any Health Journal within our knowledge. We have needed its precepts as near as we could, and I think not without signal benefit."

From a gentleman in Pennsylvania: "If there is a family on earth that has reason to thank God for the principles advocated in the LAWS OF LIFE, it is ours. From constant sickness to constant health is quite a change. My wife was the principal sufferer, and is, of course, under the new order of things, the principal gainer."

A lady writes from Booneville, Ind.: "I can not help writing to you occasionally, to thank you for the good you have done me. Often, when I think of the past, and compare it with the present, my heart boils up and runs over with thankfulness. Oh, how I wish every mother in the United States could have the privilege of reading the LAWS OF LIFE!"

From a gentleman in Connecticut: "Five years ago we buried a lovely daughter of two years. Had we then known what we have since learned from reading the LAWS OF LIFE, we believe she might have been alive today. She was scientifically killed. I hope God will forgive us, for we knew no better then."

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A young gentleman who is a student in New Hampshire, and who, during the past year, made up a club among the students, writes: "All of our little club concurred in a statement made by one of them, that the LAWS was worth ten times its weight in silver or gold. We esteem it very much indeed, and would not be without it at any price."

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A Massachusetts lady writes: "I have read the LAWS OF LIFE about two years, and think it has been the means of saving my life. When I commenced reading it, I seemed to be rapidly going into consumption, as my mother and sister and brothers had gone before me; but since I became acquainted with the LAWS, I have en-

deavored to follow its teachings, and have improved in health constantly."

A gentleman from Ohio writes: "I have seen the LAWS OF LIFE the few past months, and am well pleased with it, and think it is destined to do a great amount of good."

A gentleman from Iowa writes: "I have become so interested in the LAWS OF LIFE that I have determined to act as a volunteer agent, believing that in that way I shall be laboring for the benefit of humanity."

A gentleman from Ohio writes: "I can not tell you with what interest I peruse each number of the LAWS OF LIFE. I wish it was published weekly instead of monthly."

A gentleman from Maine writes: "I believe the LAWS OF LIFE to be the best Health Journal published in this country. I think Dr. Jackson's speech on 'Student Life' is alone worth ten times the price of subscription. One thing is certain, so long as I live, and the LAWS OF LIFE continues as interesting as it is now, I shall continue a subscriber."

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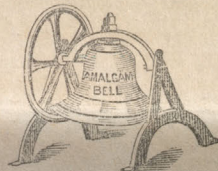
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LET THE CHILDREN LEARN PHONOGRAPHY.

In youth is the time to study Phonography as well as anything else. Our experience, however, goes to prove that Phonography, of all other studies, should be taken up in youth, because it is so very simple in its construction, and it is so natural to have one sign for a sound, that a child whose natural perceptions have not become warped and almost destroyed by the inconsistencies of the old orthography, sees into the thing *at once*, and is enabled to "go right ahead" with the study, scarcely ever making an error, and never calling b-a-t bat instead of *bate*, b-e-t bet instead of *beet*, or h-i-t hit instead of *height*, etc. The hardest thing to be overcome by many grown persons, in learning Phonography, is very often the old incorrect method of spelling. This difficulty is almost unknown to the young, even though they may have become good spellers according to the old style, because the old way of spelling has not become so confirmed a habit with them. It is wrong, however, to suppose that learning Phonography will seriously interfere with a child's correctness of spelling words in the common print. When first commencing to study Phonography, it is found that, by forgetfulness for a moment, he is liable to misspell, but after a little more practice it will be found that a knowledge of Phonography in no way affects a student's knowledge of the old system of orthography, any more than his learning French would interfere with his correct speaking of English.

We have before us a letter, very correctly written in the Corresponding Style of Phonography, from a youth of 11 years of age last July, named Hugh Morrison, of Brampton, C. W. He says he commenced studying Phonography about six months ago, but studied it very irregularly, sometimes going for weeks without getting a lesson. However, he had gone through the Manual and two Readers, and can read anything in the Corresponding Style. He has certainly made as good progress as the average of students for the time he has been at it; but if he had studied it as he would a trade—given up all other studies and employments, except such as are necessary for exercise and recreation—he might have attained to the same efficiency a long way inside of six weeks—perhaps in six days; for a great deal more may be learned in thirty hours' study inside of a week than in thirty hours spread over a whole year, because, in the latter case, half of what is learned at one sitting is often forgotten before the book is taken up again, and half the time is spent in learning over again what was so imperfectly learned before, and consequently so soon lost. This latter is a most extravagant method of acquiring a knowledge of Phonography, and it is no wonder at all that some fail in the attempt to master it by such means. The wonder is that so very many succeed.

Children make first-rate students of Phonography, on account of their time not being occupied, generally, to so great an extent as to prevent their devoting a portion of *every day* to the exercise; and this, together with the ease with which they overstep the restraints imposed by the old orthography, enables them to make much better progress

than grown persons. By learning it in youth, too, a person is enabled to make use of it during a whole lifetime, and thus reap its full benefits, instead of getting only half the reward, as he does who commences to learn the art after he becomes of age.

Parents, put phonographic instruction books in the hands of your children, tell them of the great value of the art to them through life, and encourage them by every means in your power to learn it thoroughly. If their lot in life should be to follow any literary or professional occupation, it can scarcely prove less valuable to them than a fortune of thousands of dollars. The time, too, will undoubtedly come in the history of their lives, if not your own, when the business man who does not understand Phonography will find himself decidedly behind the times.—*Oshaway Vindicator*.

THE SNOW.

I Woke from a soothing, soft slumber one morning,
And peered from my curtain-clad chamber at dawning;
Without, lay the earth with the snow on her breast,
While fleecy white flakes slowly fell from the west.

The morning was calm as the face of the ocean,
When the waves lie at rest, and the ship has no motion.
Now, the night had been cold and had frozen the rill,
And it slept under snow at the foot of the hill.

As the snow ceased to fall, and the clouds cleared away,
The horizon lit up with the dawning of day;
The landscape disclosed a most beautiful scene,
And had changed for the white its own mantle of green.

The silent old forest stood gleaming in white;
The head of the oak grew gray on the sight;
The maple's dark skin became prettily pale,
And the beech stood enrobed in a silvery veil.

Each tree of the forest received the gay suit,
And rejoiced in white from its top to its root;
The willow, alone, as she swayed to and fro,
Refused the gay garb, and continued her woe.

The sun, when he rose, was so charmed with the show,
That he would have looked on without melting the snow;
But a gale from the south blew warm through the trees,
And the snow fled away in the breath of the breeze.

COTTON IN ILLINOIS.

THE agents of the land department of the Illinois Railroad Company have been making inquiries relative to cotton raising in Southern Illinois, and from their report there seems to be conclusive evidence that we have eight to ten millions of acres of lands which will afford good, merchantable cotton, from 300 to 500 pounds to the acre. During the coming year, if Illinois can not market her corn crop, she must turn her attention to cotton, flax, castor beans, sorghum, and other semi-tropical products. From this showing, it would seem that the land offered for sale by the Illinois Central Railroad Company, especially that located in Southern Illinois, would be particularly desirable for settlers.

How MUCH DO WE WORK?—Who ever thought of making such a calculation? Nobody, till an industrious Frenchman recently took up the subject; and he has set down and made an accurate estimate of the part of our several lives employed about actual labor. He takes his subject at the age of seventy-two. Allowing eight hours on an

average for sleep, that deducts at once twenty-four years. For dressing and undressing, on rising and going to bed, washing and shaving, half an hour daily, makes one and a half years. Then two hours daily for meals count up six years. Love-making, according to his calculation, will average one hour daily, or three years. For society, idling, and amusement, three hours more, up to nine years. Finally, the ordinary maladies of childhood, the accidents and diseases of mature age, and like causes, will deduct two hours on an average, making six years. So that, in conclusion, one hale, hearty man of seventy-two years, has, in fact, not been able to employ in the positive occupations of industry more than twenty-two and a half years!

GOOD COOKING NOT INCONSISTENT WITH PIETY.—I've nothin' to say agin' her piety, my dear, but I know very well I shouldn't like her to cook my victuals. When a man comes in hungry an' tired, piety won't feed him, I reckon. I called in one day when she was dishin' up Mr. Truman's dinner, an' I could see the potatoes was as watery as water. It's right enough to be speretual—I'm no enemy to that; but I like my potatoes mealy. I don't see as anybody 'ull go to heaven the sooner for not digestin' their dinner—providin' they don't die the sooner, as mayhap Mr. Truman will, poor dear man!—*Adam Bede*.

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